

ADHD COUPONS (Elementary)

I can work quietly for

10 minutes 2 tickets
15 minutes 3 tickets
start _____ finish _____

reminders 1 2 try again

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I can listen quietly for

10 minutes 2 tickets
15 minutes 3 tickets
start _____ finish _____

reminders 1 2 try again

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I can stay working for

10 minutes 2 tickets
15 minutes 3 tickets
start _____ finish _____

reminders 1 2 try again

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I can raise my hand before I speak for

20 minutes 2 tickets
30 minutes 4 tickets
start _____ finish _____

reminders 1 2 try again

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I can stay focused on my work (ignore distractions) for

10 minutes 1 ticket
15 minutes 2 tickets
start _____ finish _____

reminders 1 2 try again

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I can follow directions

10 minutes 1 ticket
15 minutes 2 tickets
start _____ finish _____

reminders 1 2 try again

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I can stay seated during work time for

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I can work steadily during this work period for

10 minutes 1 ticket
15 minutes 2 tickets
20 minutes 3 tickets
start _____ finish _____

reminders 1 2 try again

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10 minutes 1 ticket
15 minutes 2 tickets
20 minutes 3 tickets
start _____ finish _____

reminders 1 2 try again

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I can complete this work in _____ minutes

Expected Completion Time:
_____ two tickets

reminders 1 2 try again

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I will get started on this work right away

no reminders 3 tickets
one reminder 2 tickets
two reminders 1 ticket

reminders 1 2 try again

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I can sit properly during work time for

5 minutes 1 ticket
10 minutes 2 tickets
20 minutes 3 tickets
start _____ finish _____

reminders 1 2 try again

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I can stay quiet for

5 minutes 1 ticket
10 minutes 2 tickets
20 minutes 3 tickets
start _____ finish _____

reminders 1 2 try again

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I can stay busy for

10 minutes 1 ticket

I can do my own work

10 minutes 1 ticket

20 minutes 2 tickets
start _____ finish _____

reminders 1 2 try again

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20 minutes 2 tickets
start _____ finish _____

reminders 1 2 try again

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I can follow the recess rules

no reminders 3 tickets
1 reminder 2 tickets
2 reminders 1 ticket

reminders 1 2 try again

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I can follow lunch rules

no reminders 3 tickets
1 reminder 2 tickets
2 reminders 1 ticket

reminders 1 2 try again

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**I can draw in my book,
not on my work**

no reminders 3 tickets
1 reminder 2 tickets
2 reminders 1 ticket

reminders 1 2 try again

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**I will keep my comments to
myself during work time**

no reminders 3 tickets
1 reminder 2 tickets
2 reminders 1 ticket

reminders 1 2 try again

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