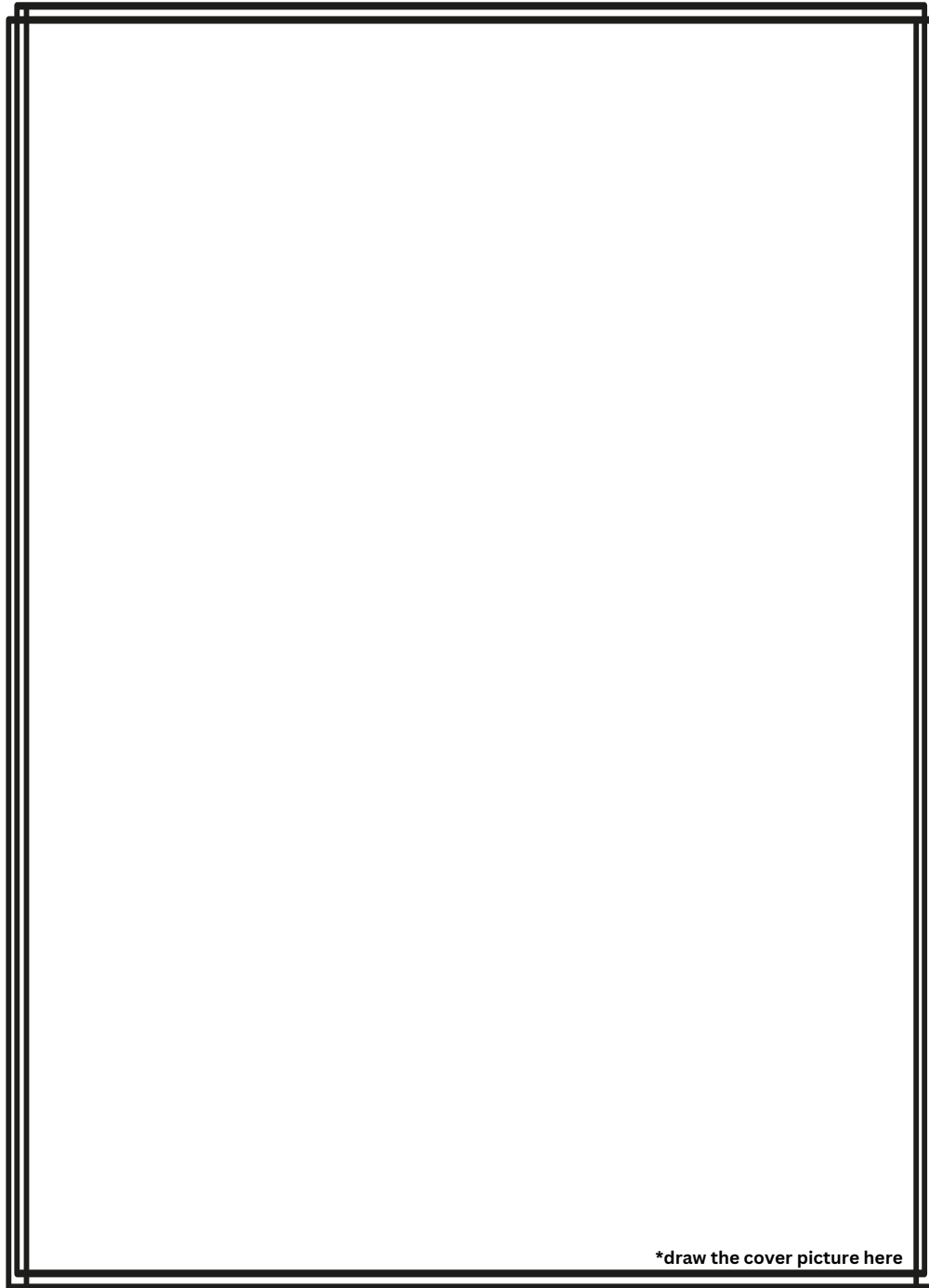

IS ON SUMMER BREAK



*draw the cover picture here

WRITTEN BY:

ILLUSTRATED BY:

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Hi! I'm _____

It's the end of the school year and it's about to be
summer break time!

**The school year is coming to an end!
Wow! I can't believe that it's time for
summer already!**

**Some things are going to stay the
same over summer break, and some
things are going to be different.**

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My parents and I talked about and compared the school year to summer break. We realized that some things change and some stay the same.

Here is a list of all the things that stay the same:

*write your list in this space

Here is a list of all the things that change over the summer break, compared to the school year:

*write your list in this space

Change is hard

But I know I can handle it!

*draw your picture in this space

Changing routines can be hard.

**Sometimes it takes a little while to get
into a new routine, and that's ok.**

But I know that I can handle the change!

**Here are some things that I can do to
help with the change:**

*write some coping strategies here

-

-

-

-

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So much time!

But what do I do with all my fun time?

*draw your picture in this space

**Summer time is so much fun! But
sometimes there's so much free time,
I don't know what to do!**

**This book is going to be my guide to
summer break and how to have fun!
On the next page, I have listed some
great choices I can make every day!**

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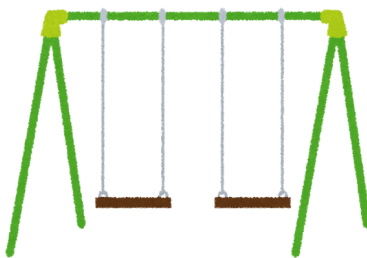
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Some ideas of all the things that I can do to have fun on summer break:



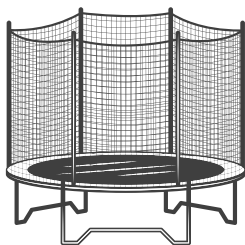
I can water the flowers



I can swing on the swingset



I can play outside



I can jump on the trampoline



I can put together a puzzle



I can ride my scooter



I can watch TV



I can read a book



I can ride my bike



I can build with toys



I can play a game



I can do arts and crafts

***You can cut pictures of the activities that are a good choice for your kiddo from the previous page and paste/tape them to this page, or write a list**

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**Here are all of the fun things that I can do to have
fun at home on summer break:**

***You can cut out pictures of the activities on the previous page that are a good choice for
your kiddo and paste/tape them to this page, or write a list**

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**But I also have opportunities to do big
kid jobs and earn cool things too on
summer break!**

*draw your picture in this space

**Summer break is also a time for me to
do extra work and earn cool things.
My parents have adult jobs they have
to do each do each day, and I have kid
jobs I have to do each day. I have kid
jobs that help me prepare for being a
grown up one day and having more
responsibilities and privileges!**

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Here are all the things that I can do to have fun:



I can water the flowers



I can clean up



I can sweep the porch



I can wipe down the table



I can put away laundry



I can vacuum



I can organize my room



I can take out the trash



I can clean the yard



I can feed our pet



I can clean my bathroom



I can load the dishwasher

***You can cut pictures of the activities that are an appropriate choice for your kiddo from this page and paste/tape them onto the next page, or write a list**

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**Here is a list of all the kid jobs that I get to do
over the summer:**

***You can cut out pictures of the activities on the previous page that are a good choice for
your kiddo and paste/tape them to this page, or write a list**

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Talk to your parents about what things you can earn for doing all of your kid jobs on the first request. Make a calendar or schedule of the cool things you can earn. Write down all of the criteria you need to meet to earn points. Write down how many points you need to earn things.

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Examples of the rewards schedule:

The **JOHNSON** household expectations are:

MAKE YOUR BED
EVERY DAY

HELP WITH DISHES

PUT DIRTY CLOTHES
IN THE BIN

FEED THE DOG

TAKE OUT THE
TRASH

BILLY has big kid jobs that he gets to earn rewards for doing the following things each week:

Mon

SWEEP THE
FRONT PORCH=
3 POINTS

Tue

PUT AWAY ALL
YOUR
CLOTHES=
3 POINTS

Wed

SORT RECYCLING
ITEMS INTO
BAGS=
3 POINTS

Thu

SET THE TABLE=
1 POINT

Fri

CLEAN THE
TABLE AFTER
DINNER=
1 POINT

Sat

CLEAN YOUR
ROOM=
4 POINTS

Sun

VACUUM THE
LIVING ROOM +
KITCHEN=
4 POINTS

When Billy earns **10** points he gets this reward:

PICK THE RESTAURANT FOR TAKEOUT TUESDAY

When Billy earns **19** points he gets this reward:

PLAN THE FAMILY DINNER AND MOVIE NIGHT SUNDAY

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Blank rewards schedule:

The _____ household expectations are:

_____ has big kid jobs that they get to earn rewards for doing the following things each week:

Mon	Tue	Wed	Thu
Fri	Sat	Sun	

When _____ earns _____ points they get this reward:

When _____ earns _____ points they get this reward:

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	S						
	F						
	T						
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	T						
	M						
	S						

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Examples of the rewards you can earn:

value system/things



allowance/money

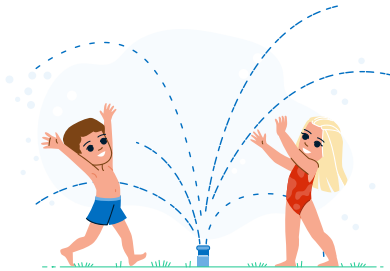


points (that can be banked
then used to “buy”
things/activities/experiences



toys

activities and experiences



playing in the sprinkler



child gets to build a fort to
sit in for movie night



go to a museum

cool priveledges



child has the priveledge of
planning the
game/dinner/movie night



movie outside



child gets to pick the
dessert or the special
dessert restaurant to go to

The reason we suggest using “rewards” for doing chores, additional responsibilities, etc. is because children do not have the executive function skills to be self-motivated intrinsically yet. These skills are still developing. These rewards do not have to be monetary, they do not have to be “big” either. You know your child best, and what would be motivating to them. You can also have set expectations, and standards of your home that are requirements for living there. For example you could set the expectation that your child has to make their own bed, put their own clothes in the laundry, help with the dishes after meals, etc. but also have chores and responsibilities that they have that they get rewarded for “doing extra”. Also, think about yourself as an adult. Do you have responsibilities that you don’t get paid/rewarded for? But do you work in your job without pay? Remember that children also want to feel rewarded for their hard work too. Don’t forget the importance of verbal praise as an important aspect of rewarding a child for their hard work!

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This is going to be the best summer ever!

*draw your picture in this space

Now I know exactly what I can do with my extra free time over the summer. I also know what special big kid jobs I can do, and the cool things I can earn by doing them! I am going to have so much fun this summer while taking on new BIG responsibilities too!

I will be SO ready for _____ grade!

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*use any additional blank pages to add to your summertime transition story as needed

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