

bravo!
reading

Behavior Booster



task • task • reward



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Thank you for Downloading the Bravo! Behavior Booster!



Thank you for downloading Bravo! Reading's Behavior Booster. If you've ever had battles with your child or student over reading, homework, schoolwork, or even picking up toys (or anything similar), then you've taken those first important step to correcting that negative behavior cycle!

Oh boy, is it easy to fall into a negative behavior cycle with a child, especially one who might have learning issues. There are just so many things that can frustrate a learning-challenged student all day at school. Oral instructions. Written cues that don't make sense. Math facts that don't calculate. Social integrations that aren't connecting.

All too often, by the time these learners get home or to your office or classroom, they're ready to explode...and you're caught in the crossfire.

Relax!

You've come to the right place! Harp Learning Institute and Harp Learning Academy have used the Bravo! Behavior Booster for over fifteen years! And it has worked like magic every time...when used as outlined here.





Hi. I'm Lisa Harp, the founder of Harp Learning Institute, Harp Learning Academy, and Bravo! Reading.

Just so you know I've done my time in the field, here are my credentials:

I've been a certified teacher for over 40 years and hold degrees in both English and Elementary Education as well as certificates in Brain Integration Therapy from Rebecca Kennard's Brain Transformations (Original Brain Integration Methods from Dianne Craft, MA, CNHP), Accuspark with Brain Integration, CLAD (English Language Development), Kyrene Elementary District Reading Instruction Certificate, Advanced Peer Coaching as well as extensive training in vision therapy.

I founded four Harp Learning Institute learning centers starting in 2000 and Harp Learning Academy in 2011. During this time, I had a lot of experience working with kids who not only struggle to learn, but struggle to behave.

In addition, I am the mother of three and the grandmother of two.

Okay...so I'm glad that's out of the way! It's time to get busy!



The Bravo! Behavior Booster

I learned one thing early on in my teaching career that helped me handle kids with behavior problems. Catch children being good! It makes such a difference, especially to those with learning disabilities like dyslexia, ADD/ADHD, and autism – those who rarely hear much positive reinforcement in an academic setting.

But...this simple task is hard to accomplish without a system in place...without a blueprint to tell you what to do and how to do it.

The Relationship Between Behavior and Learning

And don't think that kids – all kids – aren't masters at hopping onto a negative behavior cycle...and pulling you along with them if the opportunity arises.

It's like they find comfort in negativity instead of positivity.

Here's what I've learned from over forty years as an educator: there is a direct relationship between behavior and learning.

Just try forcing your child or student to do an assignment when they're not in the mood...when they just don't want to. You might have a real battle on your hands.

Or, your learner might be a retreator. Even though retreating seems easier to handle on your end, it actually creates a bigger problem because the child is internalizing problems instead of dealing with them.



Either way, you just might end up losing a battle or two. An angry child is hard to deal with. Outbursts happen. Screaming or yelling...even throwing things might occur.

On the flipside, a retreating child can create a whole world of internal wear and tear.

You need a plan where both parties win! And a step by step guide on how to get there.

And that's where the Bravo! Behavior Booster comes in.

Catch them Being Good

I'll never forget when my son, Nathan, was four years old, and my daughter was born. She had a heart defect and required a lot of attention for those first couple years. (She's fine now.)

But he couldn't understand why that little pink bundle was stealing all his attention. And boy, was he disgruntled by the whole situation! My once sweet boy started misbehaving.

Actually, he turned into a terror!

And I just didn't have the energy to deal with him. He seemed so big and so healthy. I became angry. I made so many parenting mistakes.

Then, I got a grip.



I put Nathan on a similar behavior plan like the one you just downloaded. Within a matter of weeks, I had my sweet boy back.

You see, he didn't want to displease me or act up. He was telling me in his own way that he wasn't getting his needs met. That he was angry and upset and frustrated. His world had been rocked by his little sister, and he was so young he didn't have the skillset to tell me what was going on.

Well...he sure got my attention, didn't he?

Once I could focus on how truly well-behaved, sweet, and adorable my little boy was, once we had a concrete plan we could both live by, miracles happened.



The Problem with Existing Behavior Systems

Too many behavior modification systems are insulting to kids. Children can see right to the center of the begging and pleading, the downright bargaining. Often, there is a lack of consistency, and this confuses the child.

Or the rigidness of the plan, the lack of anything positive disappoints. The learners get irritated. After all, even kids who are learning-challenged are usually smart and don't need talked town to.

They need expectations they can understand...a plan that intrigues and motivates them.

The Bravo! Behavior Booster does that. And, even better, it's time tested and kid approved! It's been used in the Harp Learning Institute and Harp Learning Academy for over fifteen years with wild success.

Best of all, it's simple to use and laid out just for you to use. Step-by-step, you'll have your child or student's behavior turned around in a matter of days or weeks.

The First Secret



Here's the first secret you need to know:

Kids want to please.

They want to behave, and they want positive reinforcement for when they do good things. All too often, though, kids, teachers, and parents lock into negative behavior patterns and that becomes everyone's comfort zone.

It's like a circus!

Crazy and wild and out of control. Only not nearly as much fun as a circus.



The Second Secret

Here's the second secret.

Kids will get attention one way or the other...and they really don't care if it's positive or negative attention.

As an adult, you can process the whole situation and think...who would even want negative attention? It's...uncomfortable.

But kids don't think this way. To them, attention is attention is attention is...

And they'll get it one way or another.

All too often these frustrated kids end up getting that attention...one way or another. You, as the parent or the professional vow to be positive, but...

that circus is three rings...then four...then five...then...



You end up giving the child negative attention, even when you don't mean to!

Neither party is happy. You aren't, and neither is the child.

Kids caught up in "circus" behavior really aren't happy. They're reaching out for help! They're asking you to help them find a solution.

Take a Breath!

So...take a breath if you're on a negative cycle with your child or learner, if you're smack dab in the middle of a three-ring circus.

It's okay. We've all done it at times, and it's easy to jump off that cycle, to tighten those circus rings, to start anew.

You now have the Bravo! Behavior Booster - a tried and true plan that works. Read on and find out how easy it is to get even the most difficult, stubborn child to behave!



How to Use the Bravo! Behavior Booster



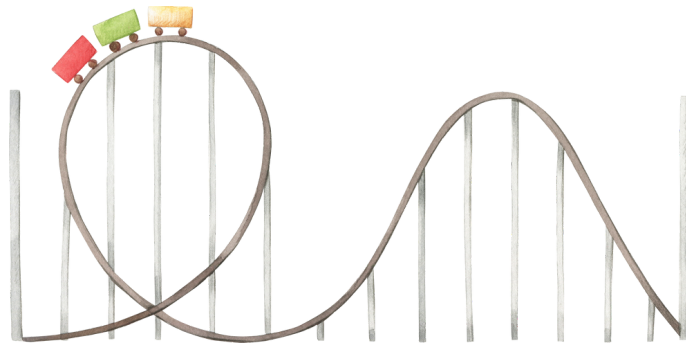
Step I:

Decide How Many Tasks Your Child Can Complete in one Setting.

So...your first job is to decide how many tasks your learner can successfully accomplish at one setting. Since you know your learner, you're the best one to figure out their ability to complete tasks in a given period of time.

A task is simply a behavior you want your learner to accomplish. It can be something like complete a homework assignment or go to bed without fussing.

If in doubt, start with one task, as meeting success is crucially important for kids who are struggling to behave



In these first stages, just think of something your learner can accomplish with ease. For instance, it's easier to get your learner to finish a single homework assignment than it is to clean an entire room or complete a month-long project on Africa.

A task can be academic or non-academic. If you have a learner who is failing school, you might want to start with a simple academic task, such as doing one math problem. If your learner has outbursts a lot, find one simple behavior, such as picking up a toy without fussing.

Step 2:

Print off the Tally Sheet that Goes with Your Task Choice.



Next, you'll need to print out the Tally Sheet (located at the end of this program) that matches the number of tasks you chose in Job Number 1. There are six tally sheets in all.

For instance, if you chose one task for your learner to complete, you'll print off the One Task Tally Sheet. If you chose two tasks, you'll print off the Two Task Tally Sheet, etc.

Keep the Tally Sheet out and available, as you'll be writing on it and will use it as a reference for success.



Step 3:

Decide What your Learner's Reward(s) Will Be.

Okay...your learner is going to complete a task or a series of tasks (up to six). Now you need to pick a specific reward for completing those task(s).

Before we go any further, we need to get into rewards a bit...just so there's no confusion.

Some people are against giving kids rewards. We're not going to get into any debate over rewards. Just understand that rewards are important for getting the behavior results you're after, and they are part of the Bravo! Behavior Booster, so you'll need to put some thought into them for a few minutes.

Basically, for the purposes of this program, there are two types of rewards: Quality Time and Tangible Objects. Either will work to get the results you're after.

Two Kinds of Rewards



Quality Time

Kids usually prefer quality time rewards over tangible objects. Quality time rewards are things like trampoline time, outdoor time, free choice time, big ball time, and so on. At home, you can use quality time rewards like extra television time, playing a board game, extra video game or computer time, going for a walk with Mom, or going to the park. You get the idea!

Tangible Objects

Okay...this is where you have to spend a bit of money. But for some kids, only tangible objects will work...at least at first.

Tangible object rewards can be things like inexpensive toys, candy, baked treats, pencils, stickers, or trading cards. Tangible object rewards are basically any reward that your learner can touch.



Step 4:



Choose the Specific Task(s).

Okay, you've chosen how many tasks your learner can complete in one setting, and you've printed off or downloaded the appropriate Task Sheet included with the system.

You've also chosen a tangible item reward or a quality time reward to give your learner when the task is completed (if it is!). You will be offering one reward per task. And yes, you can combine quality time rewards with tangible item rewards if you have more than one task that you want your learner to accomplish at one setting.



Now you need to decide which specific task or tasks you want your learner to perform in order to earn the reward(s). Please start simple and think of something that can easily be completed or accomplished at one setting. We aren't thinking end goal here. We're thinking easy reward so your learner can get out of the negative behavior loop.

You want your child to have a strong measure of success from the start, so this is a critical component of the Bravo! Behavior Booster.

Choosing those Tasks



For a young learner, you should have chosen one task to complete. Now, to choose that specific task, your options might be something like complete one math problem, pick up one toy, listen to one story, or wipe off the table. These are age-appropriate, easy to accomplish tasks.

For an older learner, you might have chosen three tasks to complete. You might choose any of these specific tasks (or something similar - depending on your learner's abilities): complete a math sheet, walk the dog, pick up the Legos on the floor, walk away from video games without a fight, write one paragraph (sentence, etc.), read for five minutes, clean the hamster cage, do the dishes, take a shower without sass, or go to bed on time.

Remember, we want to make these tasks easy to accomplish so your learner can succeed. Once your learner starts succeeding, a whole new behavior loop starts to set in - a positive one.

You wouldn't want to have your learner complete a six-week history project as a task. This is too cumbersome! Think of something that can be done in a few minutes without any stress. Without your help or assistance. Without fighting or negotiating.



Step 5:

Fill Out the Task Sheet!



In Step 2, you printed a task sheet to go along with the amount of tasks your learner is accomplishing. For instance, if your learner is to perform two tasks, you chose and printed off the Two Task Tally Sheet.

Get the task sheet you printed. You might want to cover it with a plastic report cover to use over and over again. This saves on printing costs, as fixing negative behavior issues is ongoing.

Now, you and your learner are going to fill out the Task Tally Sheet that you chose. For example's purposes, we'll do two tasks, so we chose the Two Task Tally Sheet.

Here is an example of how to fill out the Two Task Tally Sheet:



Task: Make Bed

Reward: 15 Min. Video Games



Task: Verb Worksheet

Reward: 1 Toy from Grab Bag



For each box on a tally sheet, there will be a Task line and a Reward line. You and your learner will decide what the tasks will be and what the rewards will be. If you want your learner to work on a specific skill, just have that discussion. Most kids want to please and are happy to do a particular task. They often get lost in the “doing” of it.

If you totally leave task choice up to your learner, most likely they will choose super easy tasks, and we do want a bit of work involved. Use your discretion in this area.

Simply write them on the lines next to each box.

That’s it! Now onto the next step!

Step 6:

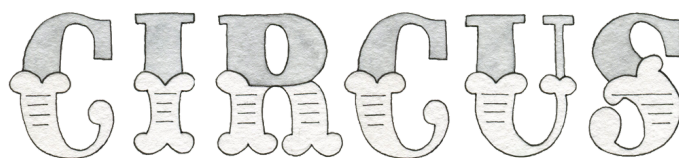
Have Your Learner Perform the Task(s)!

The rubber’s meeting the road...it’s task time now!

You’ll provide a setting where your learner has a specific amount of time to complete the task or tasks you’ve chosen. It’s important that your learner knows the expected end result, the time allotted (you can figure this out with your learner if you’d like), and the reward gained from completing the task.

This next part is hard for most people, but it’s important. You also need to communicate to your learner that if the task(s) are not completed according to the guidelines given, then the learner does NOT get the reward.

If you chose two or more tasks for your learner, then communicate to your child that each task is worthy of a reward. For instance, if you chose three tasks and your learner completed two of them, your learner still gets two rewards.



Step 1:

Mark the Box or Boxes of the Tasks Your Learner Completed.

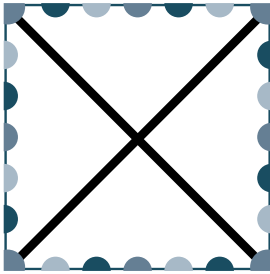


Your learner has now been able to complete the agreed upon task(s), so you'll need to gather the tally sheet that you marked the task(s) and reward(s) on. You'll now mark an X in the boxes next to the the tasks that were completed.

If your learner didn't complete any of the tasks, it's okay. There is no need to make it a big deal or a negative situation. Just talk about it and know tomorrow is a new day. Also, be firm about NOT giving rewards for uncompleted tasks!

Here is an example of how you would mark the tally sheet when a task was completed.

Mark an X in the Box if the Task was Completed



Task: Verb Worksheet

Reward: 1 Toy from Grab Bag

Remember, leave the box blank if the task was not completed and do NOT give the reward if the task was not completed. It's okay if only some of the tasks were completed if you chose a task sheet with more than one task.

For instance, if you chose the Two Task Sheet and your learner only completed one of the two tasks, you will give the learner one reward for that completed task and not reward the learner for the other task - the one not completed.

Voila! You and your learner are jumping off that negative behavior cycle and understanding the connection between tasks performed and rewards received.



Step 8:

Pass Out Those Rewards!

This is the most fun job of all! If your learner accomplished any tasks, then pass out the related rewards!

If you're giving any Quality Time rewards, be sure to follow through with them as soon as possible so your learner doesn't give up in defeat. A child's heart can break if you promise a quality time reward and then don't follow through with it.

If your learner is getting Tangible Objects, then pass them out immediately!

Of course, this can be a sad time if a task isn't completed and a reward isn't dished out. Just reassure your learner that there's always tomorrow...that you'll keep working toward success.

You might be tempted to give the reward even if your learner didn't complete the task according to the guidelines given. Please don't do this! It will only serve to confuse your learner and put you right back on that negative behavior cycle.

If success was not attained, work at making the tasks easier and more achievable. Success is so important, especially in the early stages.



Step 9:

Have a discussion about the results!

It's a good idea to "debrief" your learner on what just happened. Praise the accomplishment of completing a task. If a task wasn't completed, let your learner know it's okay. There are many more opportunities to earn rewards through completing tasks.

Step 10:

Rinse and Repeat!

Like any learning activity, it's important to practice, practice, practice.

Most people have their learners do a task sheet after school, choosing the amount of tasks that best fits their learner's needs. Once both parties get the hang of it, completing a task sheet becomes a fun activity.

If your learner continues to "fail" to complete tasks, please make them easier and more attainable so success can be made.

Once your learner masters one task, bump up to two. Then three, and so forth. When your learner can master the Six Task Tally Sheet with relative ease, you can start backing off using the Bravo! Behavior Booster and see how it goes, knowing you can always start up again!



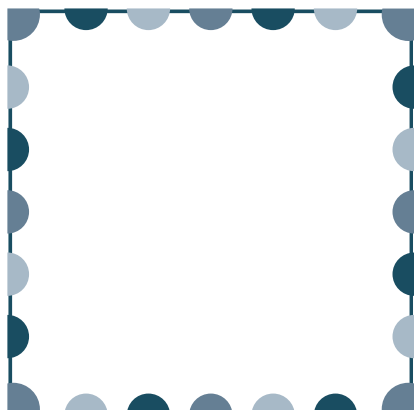
Examples of Quality Time Rewards:

1. Extra television time
2. Extra video game time
3. Play outside for an amount of time
4. Play a board game with Mom, Dad, or siblings
5. Extra tablet time
6. Extra computer time
7. Ice cream or another snack
8. Go to the park
9. Ride bikes with family
10. Bake a cake or brownies with Mom or Dad
11. Make indoor forts and read stories
12. Tell ghost or scary stories under a blanket
13. Write and perform a play
14. Watch a movie with popcorn
15. Make an obstacle course and have races
16. Have a game board tournament
17. Write on chalkboards
18. Get out the paints and paint pictures
19. Play ping pong or basketball
20. Have an indoor camping night
21. Have a teddy bear tea party
22. Go for a picnic
23. Do a hands-on science experiment
24. Have a dance marathon
25. Look at family photos or videos
26. Cook breakfast and eat it for dinner
27. Break out the Play Dough or make your own
28. Play with Kinetic Sand
29. Put shaving cream in a baking sheet and go wild
30. Make giant bubbles
31. Make or play with slime
32. Use glitter glue to make pictures
33. Make a volcano and set it off with baking soda and vinegar
34. Paint rocks
35. Make a flip book



ONE TASK

Tally Sheet



Task: _____

Reward: _____



TWO TASK

Tally Sheet



Task: _____

Reward: _____

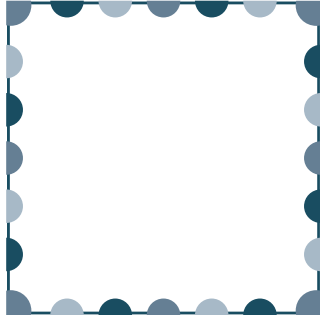


Task: _____

Reward: _____

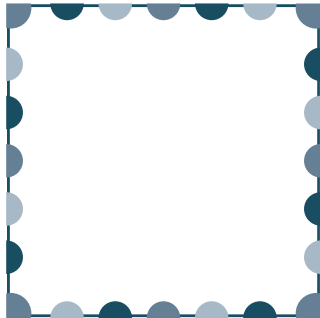
THREE TASK

Tally Sheet



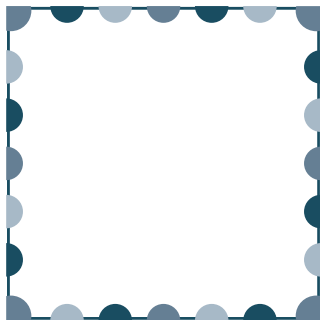
Task: _____

Reward: _____



Task: _____

Reward: _____



Task: _____

Reward: _____

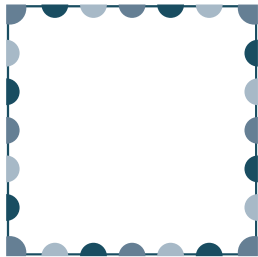
FOUR TASK

Tally Sheet



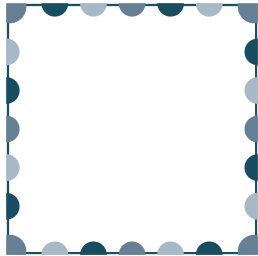
Task: _____

Reward: _____



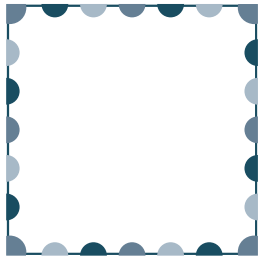
Task: _____

Reward: _____



Task: _____

Reward: _____



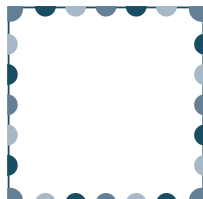
Task: _____

Reward: _____



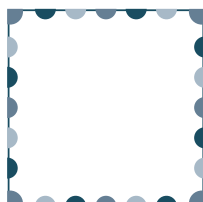
FIVE TASK

Tally Sheet



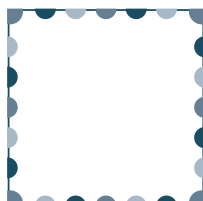
Task: _____

Reward: _____



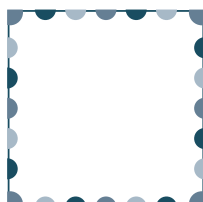
Task: _____

Reward: _____



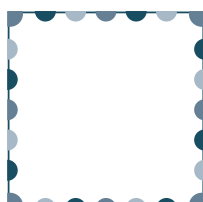
Task: _____

Reward: _____



Task: _____

Reward: _____



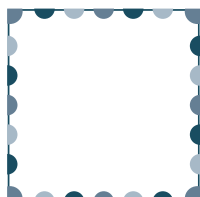
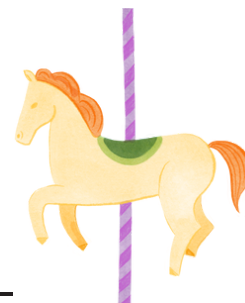
Task: _____

Reward: _____



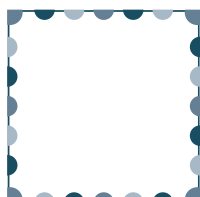
SIX TASK

Tally Sheet



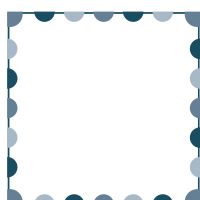
Task: _____

Reward: _____



Task: _____

Reward: _____



Task: _____

Reward: _____



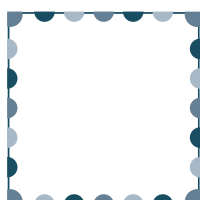
Task: _____

Reward: _____



Task: _____

Reward: _____



Task: _____

Reward: _____



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