

### Rules + Reward Charts

- Provide structure and predictability – people with autism like things to be 'black and white'.
- Can help to reduce anxiety – often people with autism are less anxious when they understand what they are meant to be doing.
- Can help individuals with autism to try new experiences and activities – they can help them to feel safe and in control.
- May help individuals who struggle to remember how they have to behave and what is expected of them in different situations.
- Rules should tell people what they are allowed to do, not just what they are not allowed to do. People with autism may not necessarily be able to make this link by themselves unless you tell them.
- Reward charts used alongside rules will help to motivate individuals to follow the rules – people with autism learn best when they are rewarded for good behaviour, rather than punished for bad behaviour.
- When rules and rewards are agreed, the people enforcing them need to be consistent. If one person sticks to the rules and another doesn't, it is harder for a person with autism to learn what they are expected to do.
- Don't be tempted to bend the rules once they have been set – this can make individuals with autism anxious and they will quickly realise who sticks to the rules and who doesn't.

### Example 1: Reward chart

Daniel's Reward Chart





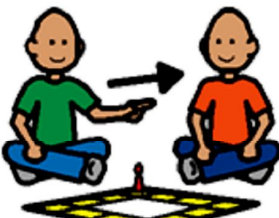




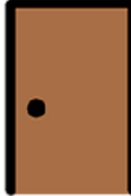


I am working towards:



To earn a reward token  
each day I need to:



# Example 2: Rules

 We Can	 We Can Not
 <p>share</p>	 <p>hit others</p>
 <p>take turns</p>	 <p>break things</p>
 <p>take time out</p>	 <p>throw things</p>
 <p>play in our own bedroom</p>	 <p>go in other peoples' bedrooms</p>
 <p>tell mum or dad when i'm upset</p>	 <p>kick others</p>