

*A Day with Jay:  
A fun story about Check-in Check-out  
Intervention*

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This story was inspired by a  
special student named  
Rhamere.

Thanks for showing me  
Check-in Check-Out in action!

Dear Parents and Caregivers,

In this story, Jay is a third-grader who often struggles with behaving in class. “A Day with Jay” shows how the Check-in Check-Out system helps Jay control his behavior. Check-in Check out is an intervention used by schools and families to help children monitor their behaviors. Students focus on a few target behaviors to improve and set a goal. They receive a behavior score card and teachers rate them on their behavior at the end of each class. Students and the Check-in Check-out coordinator agree on a prize that the student will receive if they meet their behavior goals.

Parents, students, and staff can agree on the target behaviors they wish to see improve. In this story, Jay’s target behaviors are to be respectful, on task and safe. “A Day with Jay” shows how teachers, parents, and Mr. Ray, the Check-in Check-out point person work together to help make Check-in Check-out a success! It is my hope that this story will help you and your child understand how Check-in Check-out works. If you would like to learn more please see the annotated bibliography attached.

P. S. Be sure to look in the corner of the pages to help Jay track his points!

This is Mr. Ray, every morning I hang out with him in his office. He tells me I can have a Great day every day !

He makes sure I have my homework and a pencil.

He always reminds to

**BE RESPECTFUL, BE on Task, and BE  
SAFE.**

We talk about goals to help my day go Great.



Mr. Ray gives me a paper every morning. This is my  
Check-in Check-out sheet. It helps me make sure I am  
being

**RESPECTFUL, ON TASK, and SAFE.**

Each class my teacher gives me points to help me track  
my behavior. In each class I can get 3 points for being  
respectful, 3 points for being on task, and 3 points for  
being safe. If I am not respectful, on task, and safe I  
can lose points. Mr. Ray and I decided I should have 36  
points by the end of the day! I think I can do it! Let's  
see how the day goes!

# Check –in Check Out Sheet

Name \_\_\_\_\_

Points Earned \_\_\_\_\_

Date \_\_\_\_\_

Daily Goal \_\_\_\_\_






## Points Key

0– No Effort

1– Needs Work

2– Good Try

3-Awesome

Class:	I WAS RESPECTFUL	I WAS ON TASK	I WAS SAFE	Teacher's Initial
SCIENCE 	0 1 2 3	0 1 2 3	0 1 2 3	
MATH 	0 1 2 3	0 1 2 3	0 1 2 3	
READING 	0 1 2 3	0 1 2 3	0 1 2 3	
ART 	0 1 2 3	0 1 2 3	0 1 2 3	
LUNCH 	0 1 2 3	0 1 2 3	0 1 2 3	

Parent Signature \_\_\_\_\_

6 points

My first class of the day is math. In Math class I sit next to my Best Friend Malik. Malik is soooo funny! We make jokes during the whole class. My math teacher Ms. Jones told us to be quiet, but I couldn't stop laughing. At the end of class Ms. Jones gave me 2 points for being respectful, 1 point for being on task and 3 points for being safe. I lost points for laughing and joking in class. It made me off task and it wasn't very respectful. I don't think I'm off to a good start to meet my goal!





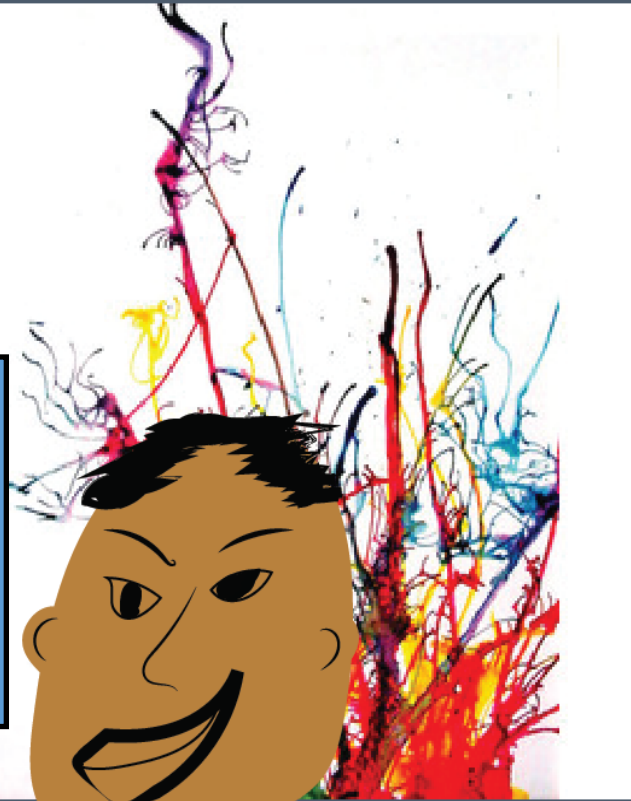
In Art Class I followed all the directions and even helped Ms. Adams, my art teacher, clean up. She gave me 3 points for being respectful, 3 points for being on task, and 3 points for being safe. I can't wait to show Mr. Ray, I think I'm back on track! Do you think I can meet my goal?

ART ROOM



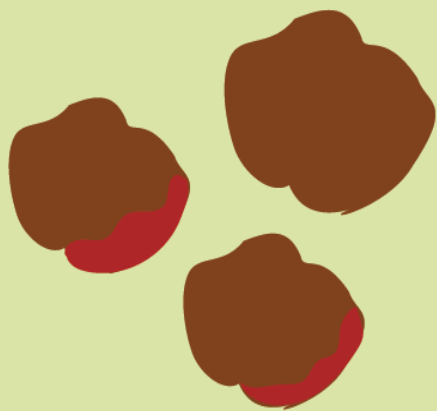
I thought I was back on track until we went to reading class. In Reading class we read a really boring story. It was so boring I could not stay awake. I fell asleep and Ms. Burt was not too happy about that. She gave me 2 points for **being respectful** 0 points for **being on task** and 3 points for **being safe**. This is not looking too good. I might not meet my goals. I have to tell Mr. Ray to get her some better books!

We have to get some better books in there. I was falling to sleep man!



After reading we go to Lunch. We had spaghetti and meatballs and it spelled so delicious! I could not wait to take a bite! I ran into the cafeteria and BOOM! I made one of the 1<sup>st</sup> graders fall down. I said I was sorry, but Ms. Tucker only gave me 1 point for being safe. She gave me three points for being respectful because I said sorry and helped the 1<sup>st</sup> grader up. She gave me three points for being on task. She told me to slow down, those meatballs don't have legs, they aren't going anywhere!

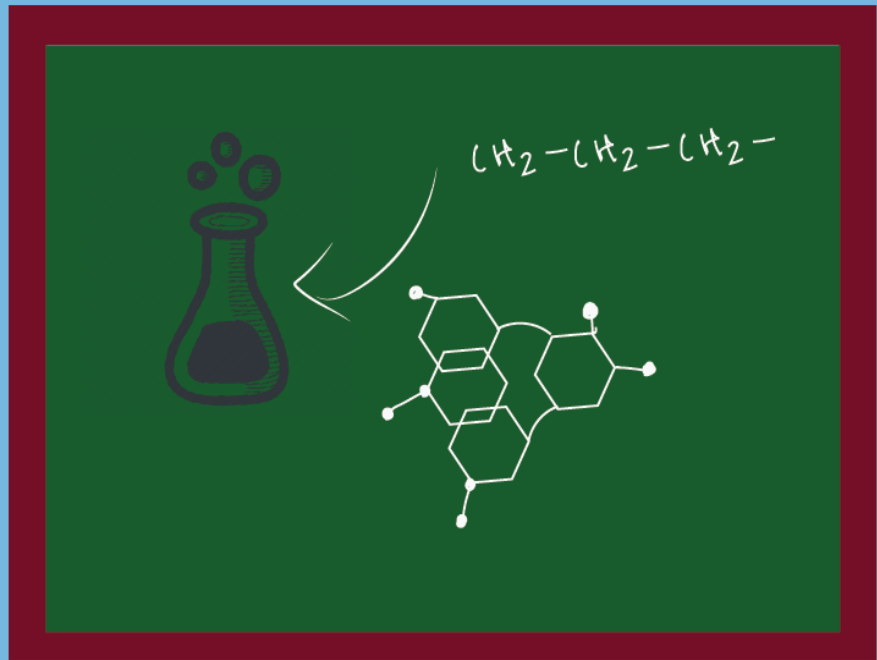
**BOOM**



**36** points

I only have one class left for the day! If I can be respectful, on task, and safe in Science class I might be able to reach my goal! My friend Darnell kept telling me jokes but I only paid attention to Mr. Walker. I wore my goggles during the experiment and finished all my work. When it was time to line up I walked slowly to get in line. Before we left I gave Mr. Walker my sheet. When he gave it back I had 3 points for being respectful, 3 points for being on task, and 3 points for being safe!

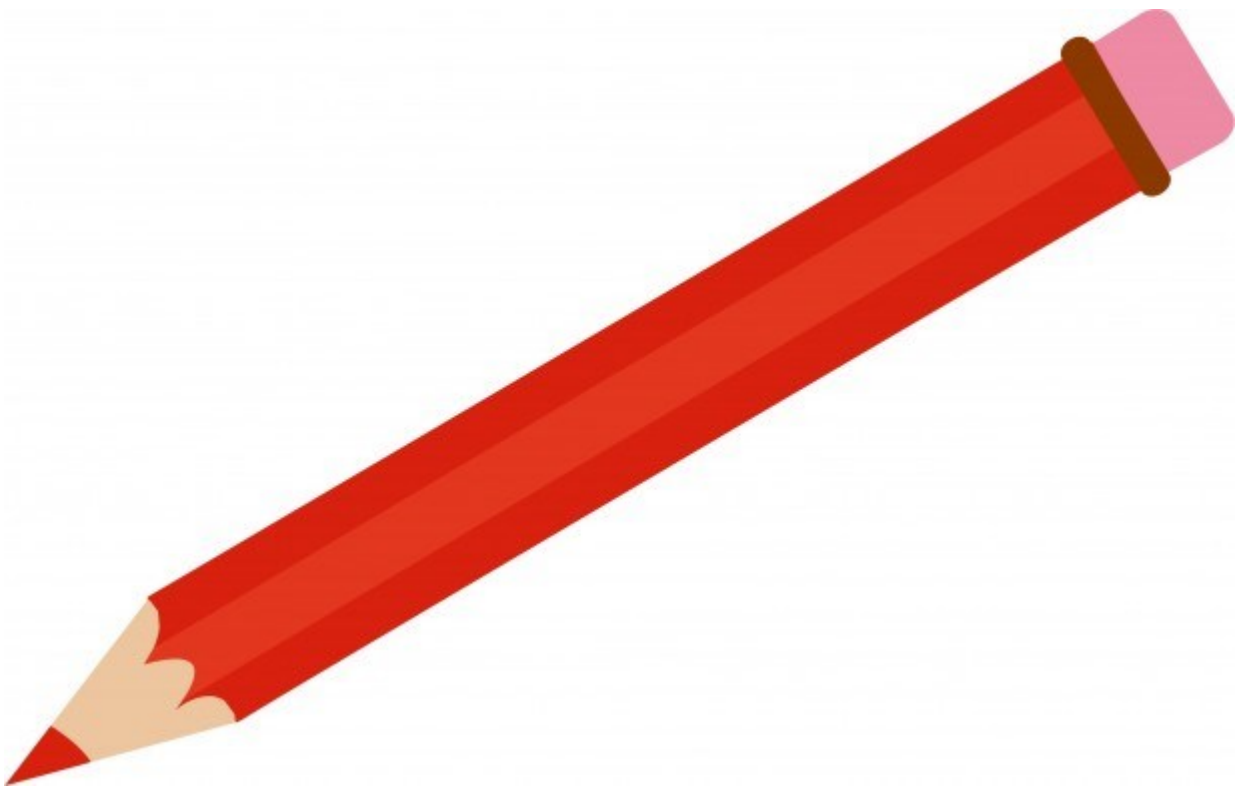




Each day before school is over I meet with Mr. Ray. When we meet I tell him all about my day and he counts my points. If I meet my goal I get a prize! Mr. Ray asks why I did not get 3 points for being on task during Math, I told him I was joking around with Malik. Mr. Ray suggested I change my seat to help me stay on task in Math. I think that's a good idea. After we talk about my day and how I can improve, Mr. Ray counts my points.

I did it! I got 36 points for the whole day!

Mr. Ray gives me a nice red pencil as a prize and tells me he's proud of me. Mr. Ray gives me my sheet and reminds me to show my parents.



When I get home, I show my mom my Check-in Check-out sheet. I tell her about my day. She is very happy I met my goal!

She also said I could bring some books about sports so reading class isn't so boring. I am proud of myself! I think I can get

40 points tomorrow! I just have to

**BE RESPECTFUL, BE on Task, and BE**

**SAFE !**

