



EAGLE HOUSE SCHOOL
Mitcham

Therapy home learning pack

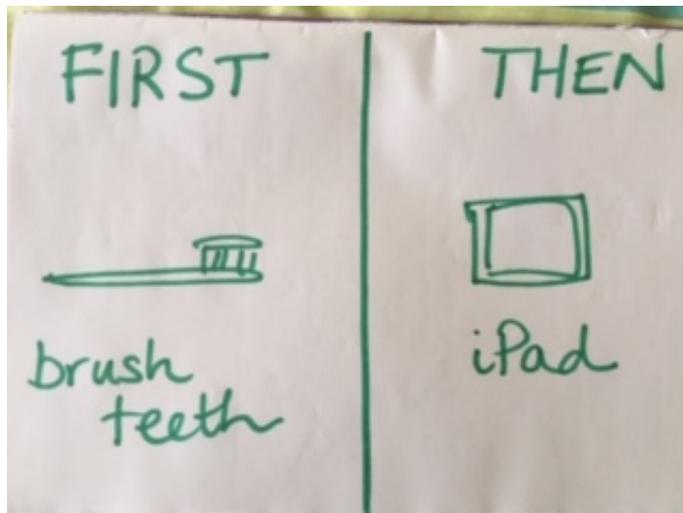
Topic	Behaviour Management
Activity name	First & Then aka Grandma's Law
Suitable for	Everybody!
Purpose	To create motivation for children to do something they do not want to do
What you need	Pen and paper
What to do Everybody knows "Grandma's Law" – "first you eat your vegetables, then you get your desert". This is actually based on scientific evidence that a non-preferred activity is more likely to happen if it is followed by a preferred activity. <ol style="list-style-type: none">1. Using a blank piece of paper, draw a line down the middle.2. At the top on the left-hand side, write "First", on the right-hand side write "Then".3. Draw and label the activity to be done first in the left panel, followed by the preferred activity or reward in the right panel. Say clearly "First (brush teeth), Then (iPad)". Easy! Or at least, that's the theory! Now for the reality - how do we teach it when our child does not engage in the "First" part of the deal?	

This activity series was created by the Curriculum Access Team staff at Eagle House Group Mitcham, to help children and families with home learning during Spring/Summer 2020 (COVID-19 Pandemic).

What to do

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