



## **Commitments Check-up**

**Making a commitment increases the chance of following through while also increasing self-regulation and confidence. Invite children to check on their commitments with this helpful visual aid.**

Success with a commitment means, “Hooray! I did it!” Difficulty with a commitment means, “Oops! I have an opportunity to try again next time!”

Success breeds success. If a child repeatedly has difficulty with commitments, help him refocus on creating commitments that are specific, realistic and stated in the positive. “I won’t be mean to anybody today,” isn’t specific, stated in the positive or doable for many children. “I’m going to go to the Safe Place when I feel frustrated,” is specific, stated in the positive and much more realistic.

# Commitments Check-up



**I did it!**



**OOPS!**  
**Time to practice!**