

Activity Rules

FIU Center for Attention and Learning

Activity Rules

- Children with ADHD/ODD/CD violate rules at a high rate



Activity Rules

- Improving rule-following is an important part of developing competencies in daily life functioning

Activity Rules

- Establish expectations for the activity

Activity Rules

- Important measure of response to treatment

Improving Rule-Following Behavior

- Standard sets of rules for every activity
- Review frequently
- Immediate feedback and point loss for violations
- Earn points and receive praise for following rules

Activity Rules

- Review rules before engaging in an activity
- Ensure children understand the rules
- Ensure children understand rule violations
- Feedback is specific, not paraphrased

Activity Rules and Point System

- In most cases, activity rules do not overlap with Point System categories
- Some natural overlap, such as sports rules and Intentional Aggression
- Complete overlap in time out

Arrivals

- Be prepared for daily activities
- Use materials and possessions appropriately
- Be responsible for your belongings

Departures

- Wait for permission before leaving the group area
- Use materials and possessions appropriately
- Be responsible for your belongings

Lunch

- Use good table manners
- Throw away all trash appropriately and leave your area clean
- Use materials and possessions appropriately
- Be responsible for your belongings
- Wait for permission before beginning another activity

Pedestrian Transitions

- Be responsible for your belongings.
- Walk unless directed otherwise by a staff member.
- Use materials and possessions appropriately.
- Stay in your assigned area (e.g., the designated formation).
- Be prepared for the next activity.

Vehicular Transitions

- Be responsible for your belongings.
- Wear a seat belt if available.
- Keep all body parts inside windows.
- Use materials and possessions appropriately.
- Stay in your seat until given permission to exit.
- Do not eat or drink in vehicles.
- Be prepared for the next activity.

Point Checks

- Make initial eye contact with the counselor when being told about your points.
- Use materials and possessions appropriately.
- Be responsible for your belongings.
- Wait for permission before proceeding to the next activity.

Group Discussions

- Speak at an appropriate voice level.
- Initiate appropriate eye contact when speaking and when being spoken to directly.
- Use materials and possessions appropriately.
- Be responsible for your belongings.

Bathroom Breaks

- Flush toilet after use.
- Wash and dry your hands.
- Leave the area clean and dry.
- Use materials and possessions appropriately.
- Be responsible for your belongings.
- Report any unclean conditions to a counselor or the bathroom monitor immediately.

Recess

- Use materials and possessions appropriately.
- Be responsible for your belongings.

Time Out

- Do not exhibit negative behavior when time out is assigned.
- Do not exhibit negative behavior during the time out.
- Use materials and possessions appropriately.
- Be responsible for your belongings.
- Stay in your assigned area.
- Be ready to rejoin the group when time out is over (i.e., post-time out sit out not assigned).
- Do not exhibit negative behavior during the post-time-out sit out.

Swimming: Locker Room

- Be prepared with a bathing suit and towel.
- Walk at all times in the locker room and bathroom.
- Change into bathing suit or dry clothing within the time limit set by the counselors
- Be responsible for your belongings.
- Use materials and possessions appropriately.
- Wait with the group until given permission to enter or to leave the locker room, bathroom, or pool area.
- Shower before swimming.

Swimming: Pool

- Walk at all times.
- Participate in swimming activities unless given permission to do otherwise.
- Swim in the assigned area.
- Follow the instructions for the lesson.
- Do not spit, splash, chew gum, wrestle, or push or dunk other people.
- Do not jump or dive from starting blocks.
- Do not jump or dive within one body length of another person.

Swimming: Pool (2)

- Dive from the pool edge only in the designated area.
- Be responsible for your belongings.
- Use materials and possessions appropriately.
 - Do not stand or sit on kickboards.
 - Do not walk on the pool deck, or jump or dive into the pool, while wearing flippers.
 - Do not dive while wearing a mask.
 - Do not hang from or swing on ladders, lane lines, lifeguard chairs, rails, or ropes.

Swimming: Pool (3)

- Use diving boards appropriately.
 - Do not swim in the area designated for diving board use.
 - Stand with both feet on the pool deck while another person is on the diving board.
 - Do not hang from or swing on diving board rails.
- 2-minute sit out for every safety rule violation

Recreational Activities

- Follow the rules of the sport.
- Participate in the game (i.e., be actively involved in the game, try your hardest).
- Stay in your assigned position.
- Use materials and possessions appropriately.
- Be responsible for your belongings.

Skill Drills

- Follow the rules of the sport.
- Follow the directions for the drill.
- Participate in the drill (i.e., be actively involved in the drill, try your hardest).
- Stay in your assigned position.
- Use materials and possessions appropriately.
- Be responsible for your belongings.

Sport Rules

- Use to evaluate "Follow the rules of the sport."
- Review sections prior to each game
 - Rotate through sets of rules to cover all sets
 - Review frequently-violated rules
- Enforce all rules, even if not reviewed
- Apply sport-related consequences
- Provide corrective instruction following rule violations

Examples of Basketball Rules

Moving with the Ball:

1. Double dribbling: a player may not dribble the ball with two hands at once or allow the ball to touch both hands before it returns to the floor.
2. Traveling: a player may not lift his or her pivot foot unless the player is going to shoot; a player may not take more than one step (unless shooting).
3. Carrying (palming): if a player loses control of the ball while dribbling, he or she may not try to regain control by carrying the ball back to normal dribbling position.

Examples of Basketball Rules (2)

4. A player in his or her front court may not cause the ball to go into his or her back court.
5. Players may not run with the ball, deliberately kick or block the ball with any part of the leg, or strike the ball with the fist.

Examples of Soccer Rules

Throw-ins (taken when the ball goes out of bounds on the sidelines):

1. The thrower must face the field.
2. The thrower must have part of each foot on the ground, on or behind the touchline in the spot where the ball went out of bounds.
3. The thrower must throw the ball, with both hands, over the head from behind in one continuous motion from back to front.

Examples of Soccer Rules (2)

4. The thrower may not touch the ball again until it has been touched or played by another player.
5. Other players may not unfairly distract or impede the thrower.
6. A goal cannot be scored directly from a throw-in.

Examples of Softball Rules

Batting:

1. The batter must take position in the batter's box promptly when it is his or her turn at bat (i.e., within 10 seconds). A strike is called if the batter does not take position promptly.
2. The batter may not step to the other side of the plate when the pitcher is ready to pitch.
3. The batter must have both feet inside the batter's box prior to the start of the pitch.
4. The batter's foot cannot be outside the batter's box and touching the ground when he or she hits the ball.

Examples of Softball Rules (2)

5. No part of the batter's body may be touching home plate when he or she hits the ball.
6. Batters must bat in the same order throughout the game and all players must bat.
7. The player who follows the last batter in the previous inning must bat first in the next inning.
8. Batters may not bunt.
9. The bat may not hit the ball for a second time while the ball is in fair territory.

Summary

- Always review rules before activity
- Immediate feedback about violations
- Award bonus points for Following Activity Rules at end of activity for each interval without a rule violation.
