



PRINTABLE RESOURCE

Practice and reward charts for selective mutism goals

Four printable chart formats for tracking planned practice, points or tokens, and steps toward a communication goal.

IN THIS DOWNLOAD

- Weekly practice chart
- Worked example: Weekly practice chart
- Points or token chart
- Worked example: Points or token chart
- My practice sticker chart
- Worked example: My practice sticker chart
- Steps toward my communication goal
- Worked example: Steps toward my communication goal

Use with individualized guidance from the person's treatment or support team.

Weekly practice chart

Use this chart when the goal is planned repetition. A mark records the agreed practice behavior, not whether anxiety disappeared.

PRACTICE BEHAVIOR:

BACKUP METHOD:

REVIEW DATE:

DAY	PLANNED TIME OR SETTING	PRACTICE COMPLETED	ONE BRIEF NOTE
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly practice chart

Example for a fictional student practicing a prepared greeting with a familiar school staff member.

PRACTICE BEHAVIOR:

Say or read 'good morning' to the library aide.

BACKUP METHOD:

Show the written greeting card.

REVIEW DATE:

Friday, October 9

DAY	PLANNED TIME OR SETTING	PRACTICE COMPLETED	ONE BRIEF NOTE
Monday	Library arrival	Yes, card	Needed one reminder
Tuesday	Library arrival	Yes, quiet voice	Aide waited
Wednesday	No planned visit	Not scheduled	
Thursday	Library arrival	Yes, quiet voice	Started in 6 seconds
Friday	Library arrival	Yes, quiet voice	No reminder
Saturday	Not scheduled	Not scheduled	
Sunday	Not scheduled	Not scheduled	

Points or token chart

Define the behaviors and reward before practice. Do not change the requirement in the moment or remove earned points.

CHOSEN REWARD OR ACTIVITY:

POINTS NEEDED:

REVIEW DATE:

PLANNED PRACTICE BEHAVIOR	COMPLETED	POINTS
	[]	
	[]	
	[]	
	[]	

Points or token chart

Example for a fictional family using points for several pre-agreed communication practice behaviors.

CHOSEN REWARD OR ACTIVITY:

Choose Friday's family movie

POINTS NEEDED:

8

REVIEW DATE:

Friday, October 9

PLANNED PRACTICE BEHAVIOR	COMPLETED	POINTS
Say 'good morning' to caregiver during the planned warm-up	Yes	1
Say 'hi' to the familiar neighbor during planned practice	Yes	2
Answer one prepared either-or question aloud with caregiver	Yes	2
Ask the practiced question during the two-minute game	Yes	1

My practice sticker chart

For younger children: add one sticker when the agreed practice behavior is completed. Keep the rule simple, celebrate calmly, and never remove an earned sticker.

MY PRACTICE BEHAVIOR:

I EARN ONE STICKER WHEN:

MY CHOSEN REWARD OR ACTIVITY:

STICKERS NEEDED: ____

ADULT INITIALS WHEN THE PRACTICE IS COMPLETED:

1	2	3	4
STICKER	STICKER	STICKER	STICKER
5 STICKER	6 STICKER	7 STICKER	8 STICKER
9 STICKER	10 STICKER	11 STICKER	12 STICKER

My practice sticker chart

Example for a fictional younger child. Each star below represents one completed, pre-agreed practice.

MY PRACTICE BEHAVIOR:		Hand my picture-choice card to the familiar teacher.	
I EARN ONE STICKER WHEN:		I bring the card to the teacher during the planned game.	
MY CHOSEN REWARD OR ACTIVITY:		Choose the music for our drive home.	
STICKERS NEEDED:		6	
ADULT INITIALS WHEN THE PRACTICE IS COMPLETED:		J.R.	

1	2	3	4
STAR earned	STAR earned	STAR earned	STAR earned
5 STAR earned	6 STAR earned	7 not yet	8 not yet
9 not yet	10 not yet	11 not yet	12 not yet

Steps toward my communication goal

Begin with an available step. Add or reorder steps with the person and clinician as practice provides new information.

MY MEANINGFUL COMMUNICATION GOAL:

MY CURRENT STEP:

MY BACKUP COMMUNICATION METHOD:

STEP	COMMUNICATION ACTION	PEOPLE AND PLACE	PRACTICE NOTES
1			
2			
3			
4			
5			
6			

Steps toward my communication goal

Example for a fictional young adult whose goal is asking a librarian where to find a book.

MY MEANINGFUL COMMUNICATION GOAL:

Ask a librarian where to find a specific book.

MY CURRENT STEP:

Show the title on my phone and say 'this book' if available.

MY BACKUP COMMUNICATION METHOD:

Show the complete typed question on my phone.

STEP	COMMUNICATION ACTION	PEOPLE AND PLACE	PRACTICE NOTES
1	Read the question to a trusted person	Home	Comfortable starting step
2	Email the question to the library	Home	Practice sending the wording to library staff
3	Show the typed question	Familiar librarian, quiet time	Use backup independently
4	Say 'this book' while showing the title	Same librarian	Current step
5	Read the full question	Same librarian	Repeat before changing person
6	Ask the full question	Another librarian	Later generalization step