

Punch Out

Punch Out (Kaplan et al., 1974) is an individual and group intervention designed to increase time on task or work completion and to decrease inappropriate classroom behavior.

Materials Needed:

- Index cards with numbers or small holes or squares drawn
- A hole puncher

Intervention:

- Choose a few target behaviors that you would like to see each child exhibit more often. These should be posted in a visible area of the room.
- Give each student a punch card and ask them to write their name on it.
- Explain the rules to the children: they will earn punches on the cards by displaying the target behaviors. After all holes are punched, their cards will be displayed somewhere. Each child whose card is complete will receive something special or get a special privilege. Brainstorm with your class to get some ideas.
- Use the technique as a class reinforcer by giving the class a party or a treat once all students' cards have been punched out.