

How to Make an Accomplishment Box

Step 1

Gather the materials you need. These include an empty square tissue box, construction paper, scissors, tape or glue, and whatever art supplies your child likes to use to decorate things.

Step 2

Fill out accomplishments on the “My Accomplishments” sheet. It’s set up for your child to list things she sees as accomplishments in four areas: school, activities, social skills and home.

Step 3

Brainstorm ideas with your child. If she’s not sure where to begin, mention some of the things you’ve seen improvement on or are proud of her for. You can also prompt her with questions like: What things have you done that you’re proud of? What have you improved at the most? What shows how hard you’ve worked?

Step 4

Cut out the accomplishments as individual strips when you or your child have finished writing them out. Fold and put aside.

Step 5

Remove the plastic from the opening of the box. Empty the box, if necessary. Cover each side with construction paper. For the top, download the cutout of the square and the oval inside and print on matching construction paper. Then, let the decorating begin!

Step 6

Ask your child to pick out designs and phrases she likes from the sheet of cutouts. If using scissors is a challenge for your child, she may want to cut on the dotted line farther away from each decoration, instead of following the dotted line that traces each decoration. This will help make sure her favorite decorations stay intact! She can also use other materials she likes, like glitter, stickers and markers, to decorate the box in a way that matches her individual style.

Step 7

Have your child fill the decorated box with the folded accomplishment strips.

Step 8

Remind your child to fill out a strip to put in the box whenever she accomplishes something. You can even sit together at various intervals—weekly, monthly, or any other time—to talk about recent accomplishments. You can also use this time to look at the growing pile of strips in the box as a reminder of all she’s accomplished already.



My Accomplishments

SCHOOL



Example:

I asked the teacher for help in math.

ACTIVITIES



Example:

I was able to keep score at the game.

My Accomplishments

SOCIAL SKILLS



Example:

I helped a classmate figure out the science assignment.

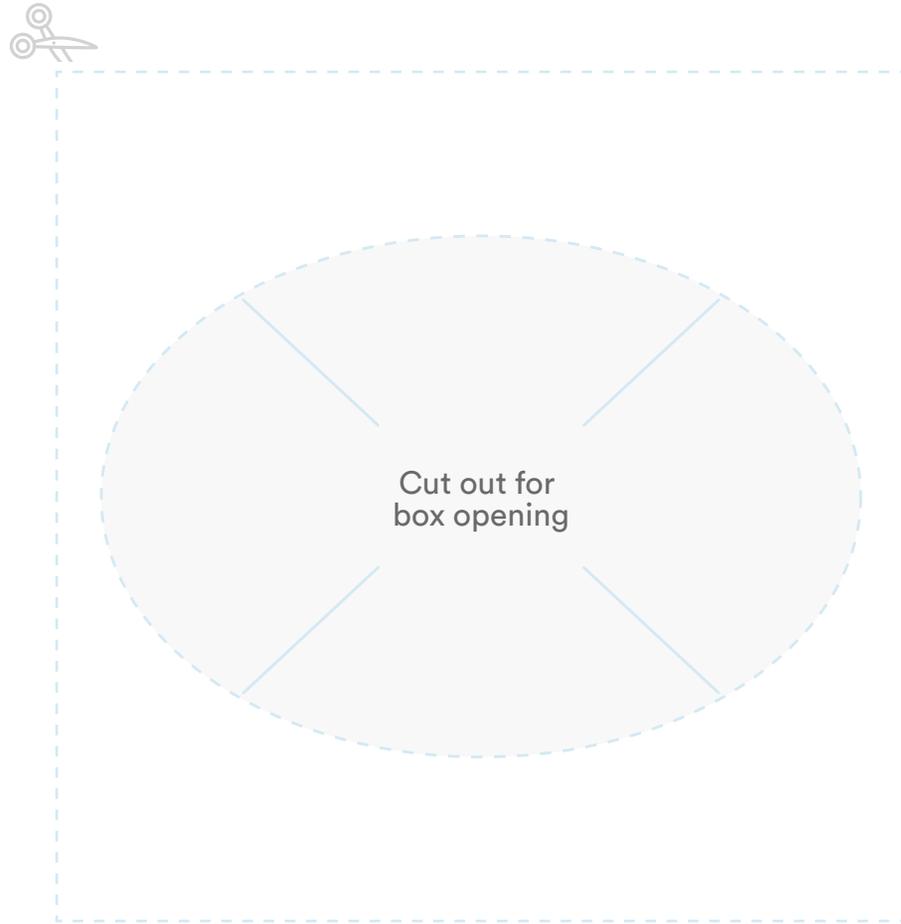
HOME



Example:

I remembered to set the table without being asked.

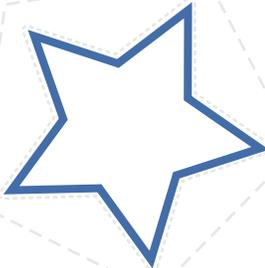
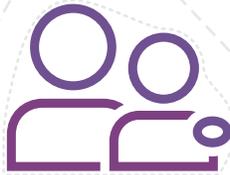
Cutout for Top of Accomplishment Box



**GETTING
BETTER**



**Knew
I could
do it!**



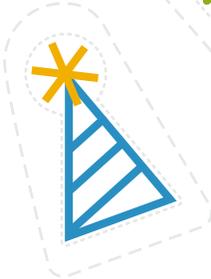
YES!



**KEEP
GOING**



FTW
FOR THE WIN!



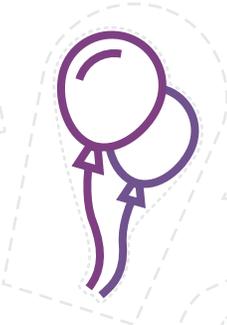
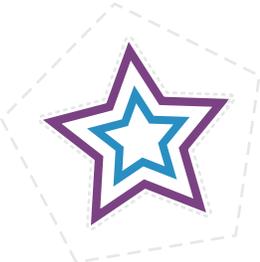
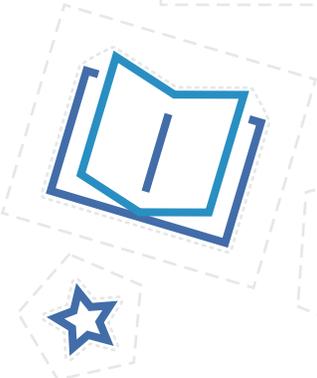
REALLY PROUD!



TRYING HARD



WAY TO GO!



MOVING FORWARD

