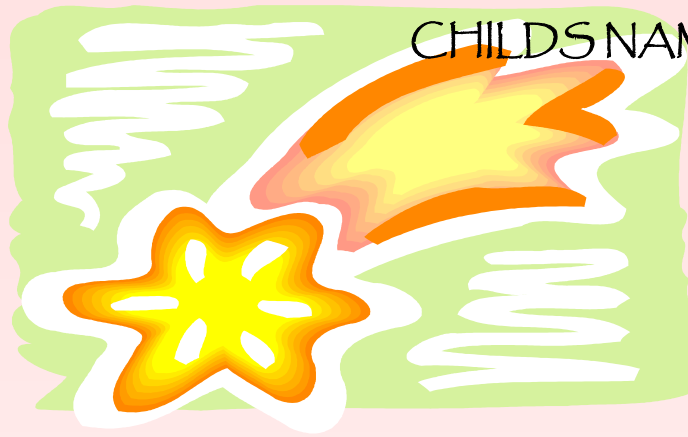


REWARDING GOOD BEHAVIOR!

WEEK OF:

CHILDS NAME:



Reward to be earned this week _____!!!

of daily checks needed to earn daily reward _____ # of total checks needed to earn reward for week _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total for Day							Day Total
Earned prize?							Week Total

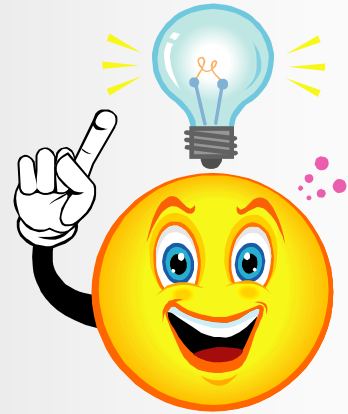
1. Create list of positive behaviors (See back for ideas)
2. Create list of small rewards for meeting daily quota **and** list of larger rewards for weekly quota
3. Every time child does one of these behaviors, the child gets a check for that day
4. Total up number of checks

Establishing expectations

- a. Week one: Just document checks to establish a baseline. Identify average number of daily checks.
- b. Week two: To earn rewards the child must meet or exceed the number of checks established in week one

Subsequent weeks: To earn rewards, the child must meet the previous week's expectation plus one checks each

LET'S BRAINSTORM!



Ideas of positive behaviors:

- Following directions the first time
- Being helpful without being asked
- Doing morning routine with good attitude
- Doing evening routine with good attitude
- Being pleasant at the dinner table
- Starting homework with good attitude
- Getting homework completed
- Getting homework completed neatly
- Doing extra credit homework
- Reading quietly
- Playing pleasantly with a sibling
- Doing a chore with good attitude
- Being pleasant in the car
- Being pleasant while accompanying you at the store
- Being pleasant in the check-out line at the store
- Cleaning up toys after playing
- Playing peacefully by self
- Using words to work out conflicts (not being physically aggressive)
- Using breathing and/or other relaxation techniques to manage conflict
- Showing imagination in play
- Taking turns
- Trying hard
- Being patient
- Using an indoor voice
- Using polite words and manners
- Accepting help/Asking for help

Ideas of small (daily) rewards:

- Stickers
- Extra reading time at bedtime
- Playtime after dinner
- Listening to music at night
- Watching a TV show
- Extra playtime with a parent
- Special bath toys
- Hot cocoa
- Video game
- Time to use game-boy or other electronic game
- Art supplies
- Other hobby supplies
- Treat for lunch/snack
- Note of praise in lunch box
- 15 minute later bedtime
- Extra long back rub

Ideas of larger (weekly) rewards:

- Item from \$ store
- Magazine
- Book
- Rent a movie
- Rent electronic game
- Go to movie theater
- CD or tape
- Go out for cookies and cocoa (ice cream)
- Bowling
- Swimming
- Doing a long game at home
- New game
- Bake cookies
- Choose favorite meal
- Out to dinner
- Bigger art/hobby supplies
- Friend over for play-date
- Friend over for sleep-over
- Choose an activity with parent
- Trip to zoo/aquarium/museum
- Go to park of child's choice
- Go to library and select book, book-audio tape combo, music, comic book, or movie of child's choice