Rewarding Good Behavior!

Child's Name _____ Week of _____ 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						1	Day Total
Earned prize?							Week Total

Instructions:

- 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 (see back for ideas)
- 3. Every time child does one of these behaviors, the child gets a check for that day
- 4. Total up number of checks each day and, at the end of the week, do total of checks for the week.
- 5. 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
 - c. Subsequent weeks: To earn rewards, the child must meet the previous week's expectation plus one

List of Positive Behaviors:	-	List of small rewards for daily goals	List of larger rewards for weekly goals

Ideas of Positive Behaviors	Ideas of small (daily) rewards	Ideas of larger (weekly) rewards
Following directions the first time	Stickers	Item from \$ store
Being helpful without being asked	Extra reading time at bedtime	Magazine
Doing morning routine with good attitude	Playtime after dinner	Book
Doing evening routine with good attitude	Listening to music at night	Rent a movie
Being pleasant at the dinner table	Watching a TV show	Rent electronic game
Starting homework with good attitude	Extra playtime with a parent	Go to movie theater
Getting homework completed	Special bath toys	CD or tape
Getting homework completed neatly	Hot cocoa	Go out for cookies and cocoa (ice cream)
Doing extra credit homework	Video game	Bowling
Reading quietly	Time to use game-boy or other electronic	Swimming
Playing pleasantly with a sibling	game	Doing a long game at home
Doing a chore with good attitude	Art supplies	New game
Being pleasant in the car	Other hobby supplies	Bake cookies
Being pleasant while accompanying you at	Treat for lunch/snack	Choose favorite meal
the store	Note of praise in lunch box	Out to dinner
Being pleasant in the check-out line at the	15 minute later bedtime	Bigger art/hobby supplies
store	Extra long back rub	Friend over for play-date
Cleaning up toys after playing		Friend over for sleep-over
Playing peacefully by self		Choose an activity with parent
Using words to work out conflicts (not		Trip to zoo/aquarium/museum
being physically aggressive)		Go to park of child's choice
Using breathing and/or other relaxation		Go to library and select book, book-audio
techniques to manage conflict		tape combo, music, comic book, or movie
Showing imagination in play		of child's choice
Taking turns		
Trying hard		
Being patient		
Using an indoor voice		
Using polite words and manners		
Accepting help/Asking for help		
Being truthful		