

LOW COST REWARDS FOR GOOD BEHAVIOR

- ❖ Visit a park
- ❖ Go to the library
- ❖ Choose clothes/outfit
- ❖ Attend a school activity
- ❖ Time with friends
- ❖ Sleep over
- ❖ Stay up later
- ❖ Computer time
- ❖ Choosing what is for dinner
- ❖ Extra one on one time with parent
- ❖ Waffles with whipped cream
- ❖ Choosing a hairstyle
- ❖ Going to or picking out a movie
- ❖ Movie + (with popcorn, treats)
- ❖ Tokens that can be redeemed
- ❖ Phone time
- ❖ Special call to favorite relative
- ❖ Game night
- ❖ Ice cream
- ❖ Using the car
- ❖ Going camping
- ❖ Facebook time
- ❖ Visit to Dollar Store
- ❖ Video game time
- ❖ Cooking something together
- ❖ Kid choice for one on one time
- ❖ Chore reprieve
- ❖ Make-up party
- ❖ Curfew extension
- ❖ Mani/pedi
- ❖ Sleeping in on weekend
- ❖ Doing home-made crafts
- ❖ Playing with water
- ❖ Added autonomy; gets to stay alone at home
- ❖ Time with relatives
- ❖ Digging in dirt/playing in mud
- ❖ Outside play time
- ❖ Bubbles
- ❖ Skyping with friend or relative
- ❖ Special time with special relative like going to the park
- ❖ Walking the dog
- ❖ Going to a sporting event
- ❖ Shopping mall visit
- ❖ Added autonomy; gets to stay alone at home
- ❖ Trip to Mickey D's
- ❖ Get ride to school instead of walking/taking the bus
- ❖ Fancy dinner night
- ❖ Going on a scavenger hunt
- ❖ Riding shotgun
- ❖ Picking radio station in the car
- ❖ Making doll clothes
- ❖ Dance party
- ❖ Download app
- ❖ Building a fort
- ❖ Goodwill shopping
- ❖ Extra wii time
- ❖ Camping in the backyard
- ❖ S'mores
- ❖ Certificates made on Publisher
- ❖ Badges (like Scouting)
- ❖ Rearranging or painting bedroom
- ❖ Playing with flashlights
- ❖ Sledding
- ❖ Going to the Y, zoo, museum
- ❖ Going swimming
- ❖ Choosing funny thing for parent to do (jump up and down, make faces)
- ❖ Jumping on bed time
- ❖ Boss for the hour/afternoon
- ❖ Shopping mall visit
- ❖ Finger Painting
- ❖ Trip to Mickey D's
- ❖ Get ride to school instead of walking/taking the bus
- ❖ Fancy dinner night
- ❖ More stuffies in bed
- ❖ Longer story time/extra story
- ❖ Pick the game on game night