



The Reward Board



When done the right way, incentives can not only motivate children to accomplish tasks like chores and following directions, but rewards can also promote healthy relationships between parents and children.

Incentives can be fun for everyone. Get creative and the possibilities are limitless. The more concrete, the better. Here are suggestions to get you thinking, but we have ideas for days. Reach out to us for help!

Ways to track progress easily:

- Kindness Charts
- Sticker Charts
- Clear Jars or Other Clear Containers
- Wall Post-it Notes
- Butcher Paper
- Chalkboard Charts



The Reward Board

Earn one piece for each desired behavior:

- Gummy Bears
- Chocolate Chips
- Skittles
- M&Ms
- Raisins
- Nuts
- Tic Tacs
- Red Hots
- Band-aids
- Stickers
- Tattoo Stickers
- Erasers
- Bubblegum
- Lollipops (Dum-dums and Blow-Pops)
- Coins (or Dollars)
- Music and Game Downloads
- Pom-poms
- Marbles
- Raffle Tickets

Earn an experience:

- Go on a date with Mom or Dad – can be as simple as getting a Sonic slush together
- Choose the movie for Family Movie Night
- Shop for a small toy
- Pick a favorite activity, meal, dessert

When done the wrong way, incentives can be used as manipulation, and often times, when the rewards dry up, so do the desired behaviors.