

REWARD CHART



What behavior earns a sticker?

When I _____ → I earn a sticker

 = **SMALL REWARD**

 = **BIG REWARD**

REWARD CHART GUIDE FOR PARENTS & CHILD

HOW TO:

1. Choose 1-3 target behaviors to focus on.
2. Clearly explain the behaviors and rewards to your child before starting.
3. Give a sticker (or mark) immediately when the behavior occurs.
4. Celebrate effort, not just perfection.
5. When the chart is filled, provide the agreed-upon big reward.
6. Keep expectations consistent and positive.

IMPORTANT NOTE ABOUT REWARDS

Rewards do not need to be expensive to be effective. Small rewards can be simple privileges that your child enjoys, such as extra screen time, choosing the family movie or game, picking dinner, staying up a little later, extra playtime, or special one-on-one time with a parent.

EXAMPLES OF SMALL REWARDS

extra screen time, choose a movie, pick dinner, extra playtime, extra bedtime story, choose music in the car, special time with a parent.

EXAMPLES OF BIG REWARDS

a fun outing (park, arcade, zoo), a sleepover, a new toy or game, a special activity of their choice, a family activity they pick, or a larger agreed-upon privilege.

 = **SMALL REWARDS**

1 _____

2 _____

3 _____

4 _____

5 _____

 = **BIG REWARD**

 _____