

REWARDS EXERCISE

Examples of behaviour you could reward

- Getting dressed
- Calming down
- Doing homework
- Putting dirty clothes in the laundry basket
- Eating politely
- Brushing teeth
- Helping set the table
- Washing hands before meals
- Sharing
- Staying by the shopping trolley
- Making the bed
- Using friendly words
- Reading
- Using words to ask or tell feelings
- Going to bed when asked
- Sleeping in own bed all night

Examples of low cost or no cost rewards

- Play football
- Make a cake/biscuits
- Play a game
- Child chooses a pudding
- Extra reading time
- Go and visit a friend/relative
- Small sweet Hot chocolate with cream & marshmallows
- Blow bubbles
- Going out for coffee with a parent
- Have a friend round
- Paint nails
- Have a hug
- Watch a film
- Go to the park Junk modelling

Choose three positive behaviours for one of your children

What low cost or no cost rewards could you suggest to them?