

50 Positive Rewards

- * Bake something
- * Build a fort
- * Checked-out early from school
- * Chew gum
- * Choose a TV show for the family to watch
- * Choose an extra book at the library
- * Choose the breakfast cereal
- * Choose the music in the car
- * Choose where everyone gets to sit for dinner
- * Decide where to go for dinner
- * Decorate bedroom
- * Do an art or science project
- * Earn a sticker
- * Eat dessert first at dinner
- * Extra time on the computer
- * Extra TV or video game time
- * Extra time to read
- * Extra time with friends
- * Get a hug
- * Get a new toy
- * Get to hang school work on the fridge
- * Get to pick a game for family game night
- * Get to pick a movie for family movie night
- * Get to ride next to the window
- * Given Effective Praise
- * Go canoing, camping, or fishing
- * Go for a hike or walk
- * Go skating, swimming or bowling
- * Go to a friend's house
- * Go to the movies or sporting event
- * Go to the park
- * Have a friend over for dinner
- * Have a special excursion with one parent
- * Have a special lunchtime treat
- * Have a special snack
- * Have curfew extended
- * Have friends over
- * Have mom or dad read a story
- * Indoor picnic
- * Make a craft
- * Messy room for a day
- * One less chore
- * Pick the family outing
- * Plan the dinner menu
- * Print a coloring sheet
- * Print a picture
- * Play a game with mom or dad
- * Read a book with mom or dad
- * Select something special for dinner
- * Sleep downstairs or outside
- * Sleep-in late
- * Stay-up late reading
- * Stay-up past bedtime
- * Treat from the store
- * Trip to library, zoo, or pet store
- * Use the car