

My Reward Menu

Pick rewards together. Small ones come fast, bigger ones take a little longer. When a reward gets boring, swap it for a new one.

This menu belongs to: _____

EARN IT FAST

Right Now

Right after one small step is done.

- ☐ A sticker or a point on the chart
- ☐ Pick the next song
- ☐ 5 minutes of a favorite game
- ☐ A silly dance break
- ☐ A high five and a snack
- ☐ Choose which chore comes next

My idea: _____

My idea: _____

My idea: _____

My idea: _____

EARN IT BY BEDTIME

Today

When the day's jobs are finished.

- ☐ 15 extra minutes of screen time
- ☐ Pick what's for dinner
- ☐ Stay up 10 minutes later
- ☐ An extra bedtime story
- ☐ Choose the family show

My idea: _____

My idea: _____

My idea: _____

My idea: _____

SAVE UP FOR IT

This Week

Points add up to something bigger.

- ☐ "Choose your adventure" time with mom or dad
- ☐ A trip to the park or library
- ☐ Extra time with a friend
- ☐ Pick a special breakfast
- ☐ A new book or small toy

My idea: _____

My idea: _____

My idea: _____

My idea: _____

Points this week

Color one in for each reward earned



For parents

Everyday time together isn't something your child has to earn. Rewards like "choose your adventure" time are *extra*. Start with lots of quick rewards, then slowly stretch the time between effort and payoff as skills grow.