



## LIST OF REWARD IDEAS

- Screen time (tv, tablet, videogame)
- Free Play time at home (with a favorite toy or game)
- Grab bag reward (either a trinket or ticket for a later reward)
- Art/drawing materials
- Special hairstyle or outfit
- Staying up 15-30 minutes past bedtime
- Helping plan/prepare favorite snack or meal
- Phone time to call friend
- Choose a special snack or treat for their lunch
- Being read to (or an extra bedtime story)
- Money or allowance
- Stickers
- Rent/stream a movie
- Camp in the living room
- Earning out of doing a chore
- Small toys/sports equipment
- Media/app downloads
- Nail polish, home pedicure
- Online orders: Art supplies, special clothes
- Being video recorded while doing an activity they enjoy
- Trading cards
- Letting the dog or cat sleep in their bedroom
- A piece of a picture puzzle for a larger reward
- Spinner or dice for choosing a reward
- Living room picnic
- Show parents something (video, game, etc.)
- Dress parent up
- Cook or bake
- Special seat or cup at dinner
- Eat first, shower last, etc.
- Choosing meal, tv show, activity