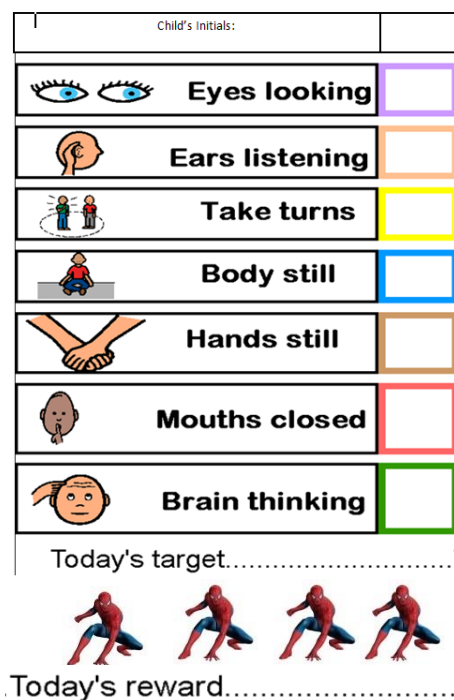


How to Use a Reward Chart

A reward chart is a tool that can be used to motivate a child or young person to complete work or to use a positive behaviour. There are many different templates and styles. Some of the best are personalised to include the child's particular interests.

Here are some examples:



How to Introduce a 'Reward Chart'

1. Show and talk about the reward chart so the child understands what they need to do to earn points (e.g. good listening and you get a 'point')
2. Ask child to choose a reward (from options). The adult should control the amount of rewards offered, and types of rewards so that they are manageable for home/school. Always set a time limit for the reward.
3. Recap the chart e.g. 'When you get 4 points you will get 10 minutes with Lego'
4. Award the child a 'point' (star/ stick/ spiderman etc.) when they have completed a piece of work or shown the required behaviour e.g. 'You did great listening on the carpet, you get a star.'

5. If they get distracted motivate them using their reward chart e.g. 'Remember - just 2 more ticks and then Lego time!'
6. Once they have received the required 'points' (e.g. 4 stars) always honour them with the reward (if not honoured the system will not work). Use a timer to help the child understand how long the reward will last.
7. If the individual does not want to end their reward, remind them that they just need 4 more 'points' to get the reward again. In other words, complete the cycle from the beginning to motivate them once again.

Top Tips

- Go at the **child's pace**. If attention and listening is particularly difficult that day then the expectations for earning each point may need to be reduced.
- The reward should always be timed to put a limit on its duration. The reward itself should be something that is **not available at other times** during the day as this will impact on its power to motivate. If one reward is not working then change the reward options.
- **Never** remove a 'point' for bad behaviour. If they have a point then they have earned it and therefore it would be unfair and demotivating if you take the point away. It may also act as a deterrent for completing tasks next time.

