

# 75 FUN, EFFECTIVE REWARDS

Need fresh ideas for rewards that will motivate your child? Tailor the following rewards to your child's age and interests. A behavior chart and/or points system may help encourage consistency and gamify the process.

ARTS & CRAFTS	DIGITAL PRIZES	EVENTS & EXPERIENCES
<ul style="list-style-type: none"> <li>1 hr. of coloring or painting time</li> <li>a new journal</li> <li>markers &amp; colored pencils</li> <li>stickers &amp; ink stamps</li> <li>slime-making session</li> <li>DIY tie-dye kit</li> </ul> 	<ul style="list-style-type: none"> <li>+30 min. on ____ (YouTube, TikTok, Instagram, etc.)</li> <li>+1 hr. of tablet time</li> <li>+1 episode of a new series</li> <li>download a new app/game</li> <li>music streaming subscription</li> <li>\$__ in video game credit</li> </ul> 	<ul style="list-style-type: none"> <li>visit a museum or the zoo</li> <li>\$10 at an arcade</li> <li>road trip to a nearby city</li> <li>trampoline park</li> <li>amusement park</li> <li>escape room</li> <li>tickets to a sports game, fan convention, or concert</li> </ul> 
FAMILY TIME	FASHION, DECOR & ACCESSORIES	FREE PASS
<ul style="list-style-type: none"> <li>1-on-1 time with a parent</li> <li>1 extra bedtime story</li> <li>indoor camp-out</li> <li>pick tonight's dinner</li> <li>select tonight's movie</li> <li>pick the car-ride playlist</li> <li>extra driving practice</li> </ul> 	<ul style="list-style-type: none"> <li>fidget ring/bracelet/necklace</li> <li>shoe charms</li> <li>a trendy clothing item</li> <li>bedroom poster</li> <li>color-changing LED lights</li> <li>favorite team/player jersey</li> <li>\$__ shopping spree</li> </ul> 	<ul style="list-style-type: none"> <li>get-out-of-a-chore card</li> <li>30-min. curfew extension</li> <li>30-min. extra weekend sleep</li> <li>pajama day at home</li> <li>a chore-free day/week</li> <li>"boss parents around" day</li> </ul> 
FRIEND TIME	GOODIES & SWEETS	GROOMING & PERSONAL CARE
<ul style="list-style-type: none"> <li>bring a friend over/go over to a friend's</li> <li>+1 hr. with friends</li> <li>go to the movies</li> <li>slumber party</li> <li>borrow the car for the night</li> </ul> 	<ul style="list-style-type: none"> <li>at-home ice-cream sundae bar</li> <li>donut holes &amp; pastries</li> <li>pizza night</li> <li>bubble tea or smoothie</li> <li>\$25 gift card to eatery of choice</li> </ul> 	<ul style="list-style-type: none"> <li>colorful or themed hair clips</li> <li>1 skincare product</li> <li>mani + pedi</li> <li>at-home spa/self-care day</li> <li>temporary hair color</li> <li>choose your haircut</li> </ul> 
PRAISE & AFFECTION	SPORTS & OUTDOORS	TOYS & GAMES (SCREEN-FREE)
<p>Dole out liberally:</p> <ul style="list-style-type: none"> <li>Great job on ____!</li> <li>Excellent effort on ____!</li> <li>I'm so proud of you!</li> <li>Thank you for ____ (listening, waiting patiently, etc.)</li> <li>high-fives</li> <li>hugs</li> </ul> 	<ul style="list-style-type: none"> <li>playground trip</li> <li>an afternoon at the skatepark</li> <li>swimming at the local pool</li> <li>mini-golf session</li> <li>new sports equipment</li> <li>nature scavenger hunt</li> <li>a weekend hike</li> <li>ropes course</li> </ul> 	<ul style="list-style-type: none"> <li>puzzle</li> <li>board game</li> <li>trading cards</li> <li>science experiment kit</li> <li>stuffed animal</li> <li>LEGO set</li> </ul> 

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