

# 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