



Motivation & Reward Charts

★ External Motivators

- Anything your child earns *on the outside*. Examples:
 - High fives or positive comments from you
 - Time with electronics, toys, or activities
 - Time *away* from working/chores

★ Internal Motivators

- Anything your child receives *from the inside*. Examples:
 - Satisfaction of self
 - Pride
 - Seeing joy in others

For most adults, many things have shifted over time from external to internal. Perhaps you started earning money when you were little just so you could buy candy at a local store. As soon as you earned it, you spent it. Fast forward a few years and now you're working, getting paid once a month, and find more joy in spending that money on things for others!

For a lot of kids, motivation is still external! And it's still pretty immediate! Enter the *reward chart*...a visual way to help children see what they need to do in order to receive what they want...sometimes considered a way to teach delayed gratification!

How To Use a Reward Chart

- ★ Explain the purpose in a way your child will understand
- ★ Let your child choose a reward (from what's available) to earn
 - If he/she needs help, tell about or show 2-3 options
- ★ Share how to earn checks (can be task- or behavior-based)...once they're earned, they stay! Please don't take away anything that was earned!
- ★ Start small
 - If using a 5-check chart, fill-in 3 checks and have your child complete 2 simple tasks to earn those last 2 checks
- ★ Build over time
 - As your child understands the purpose, gradually remove those "built in" checks such that s/he is completing more things as asked and over time before being able to have his/her chosen reward!
- ★ Use it as often as needed (ex. 5-mins at a time, 1-hour at a time, 2x a day)



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Print and use a pencil/pen or place in a page protector to create an at-home dry erase board!

Reward Chart Template (Set of 5)

I want to earn: _____

To earn each I must:

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-
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