



# Positive Reward Ideas

Remember the best rewards include YOU

- Inexpensive rewards, especially those that involve spending time with our children are the best.
- Children thrive when we describe exactly what they did that was good, so verbal praise is a great reward in itself.
- Young children also need the rewards to be frequent, so it is best if they are able to earn a reward each day.

1. Making a cake or biscuits with Mum or Dad
2. Choosing an extra bedtime story
3. Mum or Dad reading a book in an accent or using silly voices and sound effects
4. Making a den in the bedroom, sitting room or garden
5. Playing a board game or hide and seek
6. Making a mask, hat, collage, door sign, necklace, kite, finger puppet or windmill
7. Craft activity: Painting stones, flower pot, picture frame, reward box,
8. Decorating a special certificate with stickers
9. Making and cooking Pizza for tea
10. Drawing pictures with chalk on the patio
11. Choosing what to eat or their favourite meal for tea
12. Watching a programme on Netflix with Mum or Dad
13. Playing football in the garden
14. Making smoothies
15. Making and playing with Playdough
16. Going out for a bike ride
17. Feeding the ducks
18. Playing Frisbee
19. Card games
20. Trip to the park or farm

1. Doing Mum's makeup, hair or nails
2. Playing a computer game with Mum or Dad
3. Staying up late for half an hour on Friday
4. Having a family movie night
5. Camping out in the back garden
6. Going for a night walk with torches
7. Choose which music to dance to
8. Picnic in the garden, beach or local beauty spot
9. Going for a walk or treasure hunt
10. Going for a bus or train ride (and maybe buying a treat before returning)
11. Taking a neighbour's (friendly) dog for a walk
12. Outdoor games
13. Reading a joke book together
14. Setting up a water slide in the garden
15. Pillow fight
16. Water fight
17. Rough and tumble with Mum or Dad
18. Playing chase or having a tickle fight
19. Painting their face with face paints
20. Painting Mum or Dad's face
21. Watching a funny clip on YouTube together