

Reward Chart

Encouraging Positive Behavior Through Motivation
LCBWA – Low Country Behavior & Wellness Agents

Reward charts and token boards are powerful tools that help children stay motivated, build positive habits, and celebrate their success. By earning tokens for completing tasks or showing positive behaviors, children learn that effort and consistency lead to meaningful rewards.

This system is simple, visual, and a great way to support independence and teamwork at home.

How a Token Board Works

A token board helps your child earn small “tokens” (stickers, stars, icons) toward a chosen reward.

Step 1: Choose a goal

Examples:

- “Use gentle hands”
- “Clean up toys”
- “Follow directions the first time”
- “Stay in seat during mealtime”

Step 2: Select a reward

Choose something motivating and meaningful for your child (see ideas below).

Step 3: Earn tokens

Each time your child meets the goal, they earn one token to place on the board.

Step 4: Celebrate!

When all tokens are earned, your child receives their chosen reward.

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Choosing Rewards

Rewards do NOT need to be expensive. They simply need to be meaningful to your child.

Here are some ideas:

Activity Rewards

- Extra playtime
- Trip to the park
- Choose a game or activity

Small Items

- Stickers
- A small snack
- A favorite toy for the day

Privileges

- Picking dinner
- Staying up 10 minutes later
- Choosing the music in the car.

Tips for Parents

- Keep goals simple and achievable
- Reinforce immediately when tokens are earned
- Praise effort, not just completion
- Start with a small number of tokens (3–5) for quick success
- Increase the number as your child becomes more confident
- Always follow through with the reward

My Sticker Chart

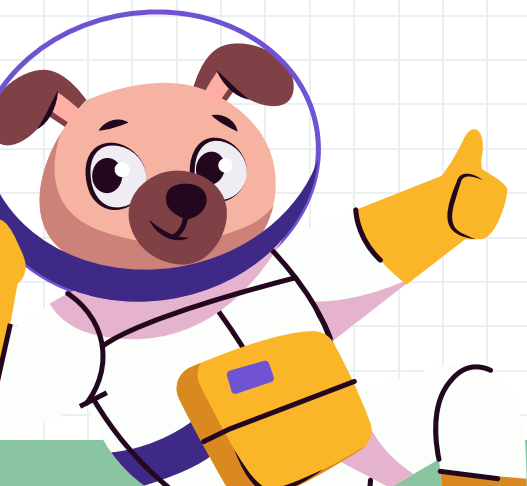
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Goal:



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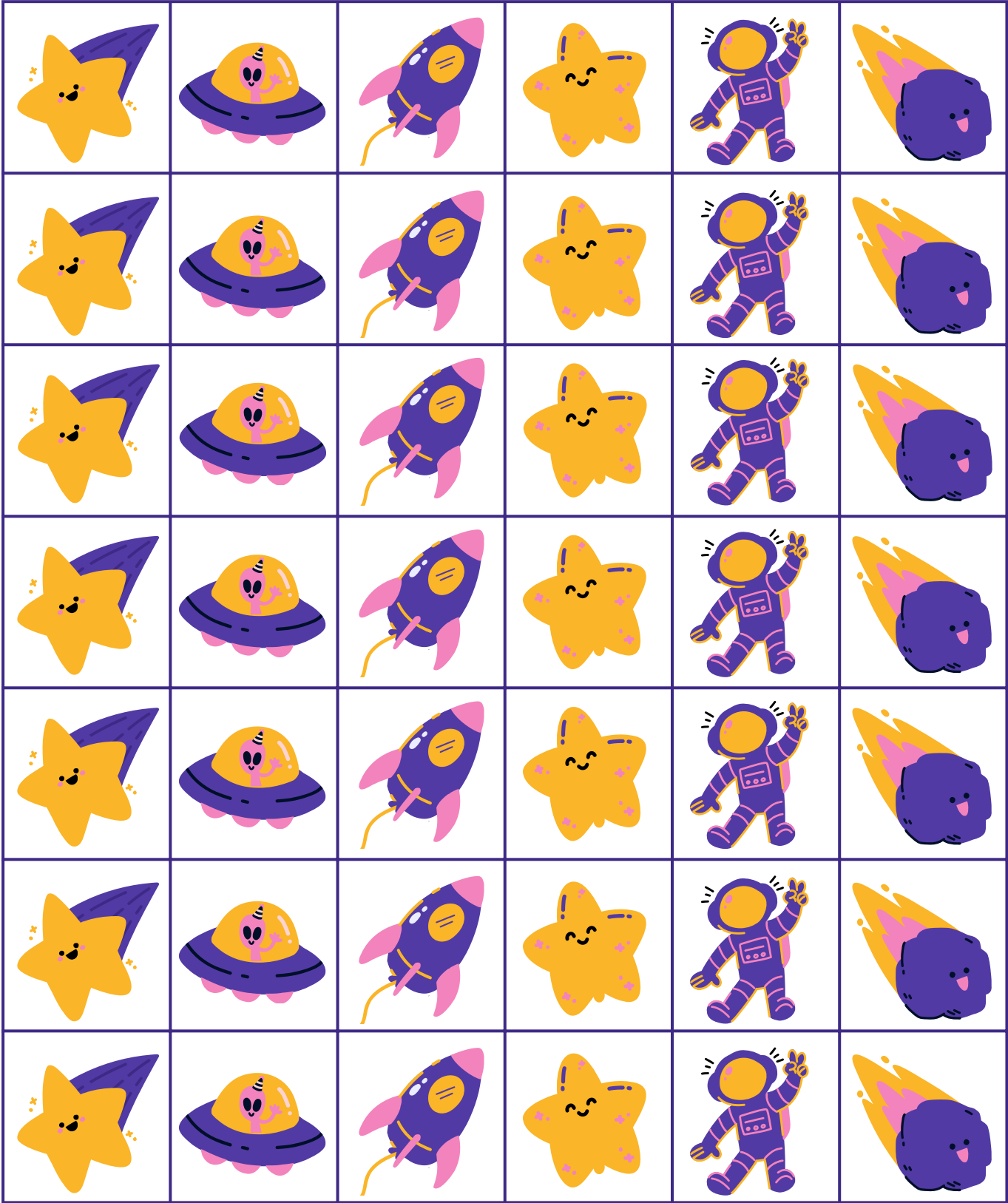
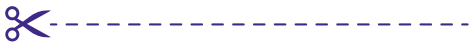
My Reward:



How to Use:

A sticker chart is a fun tool where kids collect stickers for making good choices or completing tasks. Each time they earn one, they place it on their chart. When the chart is full, they receive the reward they wrote in the “My Reward” box.

Print the board on cardboard paper. Print the sticker cut-outs on sticker paper, cut them out, and give them to the kids when they earn them.



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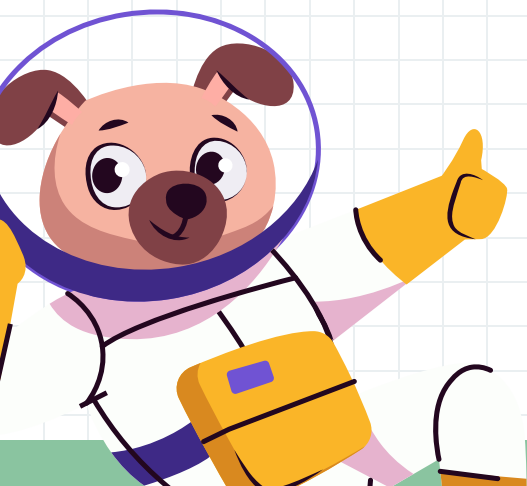
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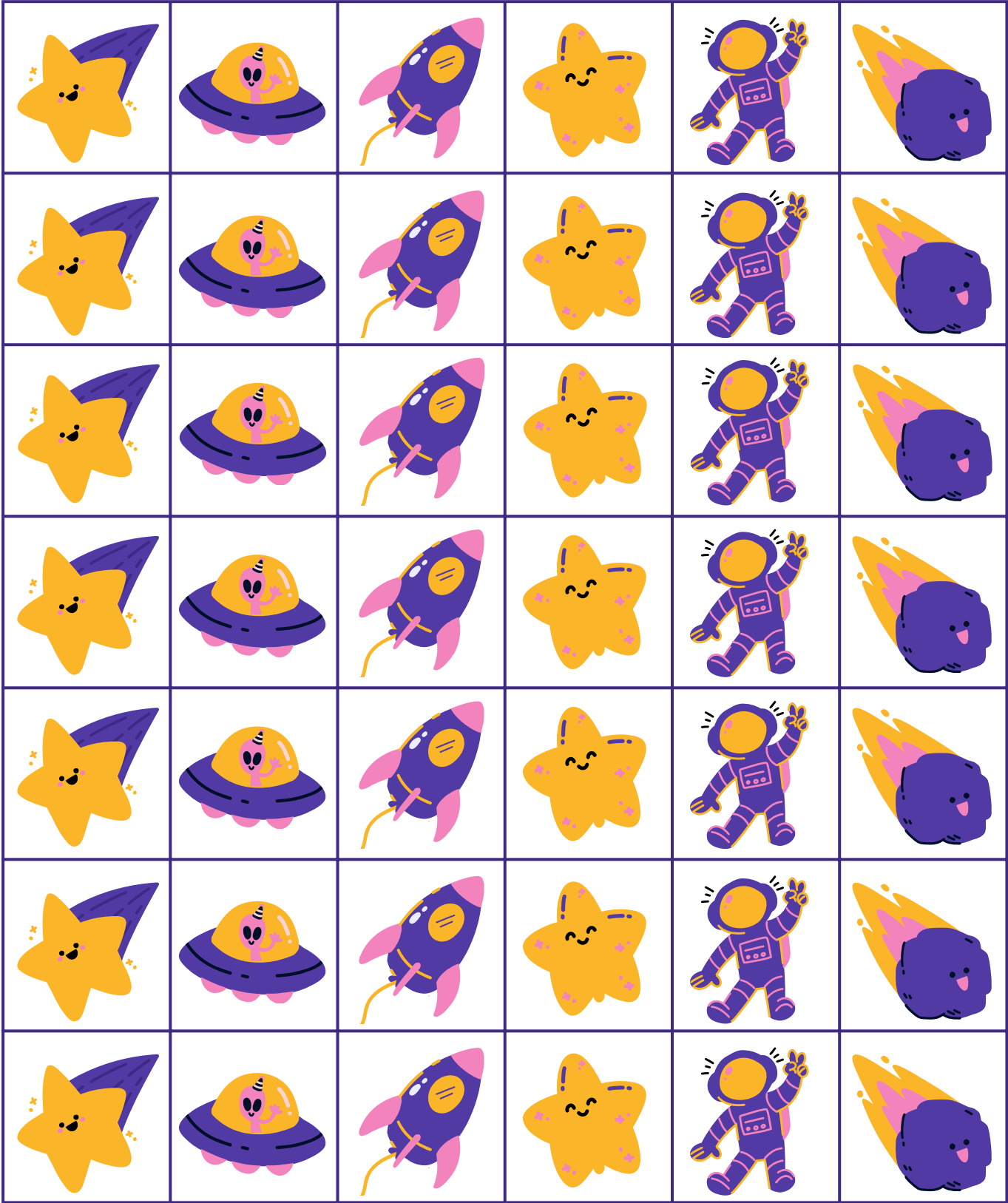
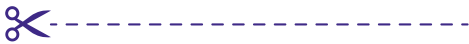
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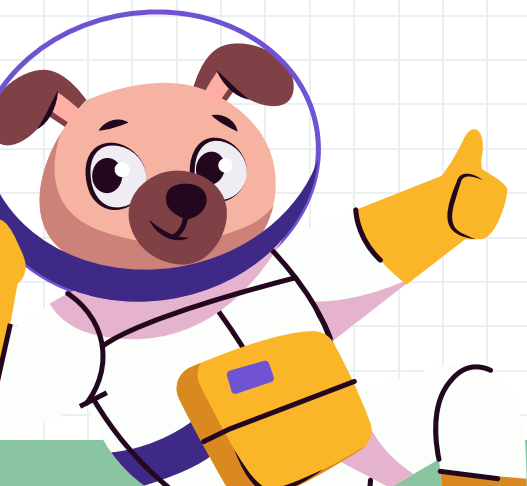
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