

Ideas for Inexpensive or free rewards for children

Use a calendar or a sticker chart to keep track of your child's good behavior. When the chart fills up, recognize the good behavior(s) and reward them.

1. Stay up 15 minutes later
2. Pizza for dinner (their choice)
3. Doesn't have to make bed
4. Play a game with someone at home
5. Have a sleepover
6. Choose dessert or a small piece of candy
7. Gets to choose the vegetable for dinner
8. Watch 15 extra minutes of TV or play 15 extra minutes of video games
9. Go to the Park
10. Go to the movies
11. Choose a movie to rent
12. Decide what is for dinner
13. Bake cookies or cupcakes together
14. Choose music to play at home or in the car
15. Play outside for an extra 30 minutes
16. Go to the library
17. Have a special snack at lunch
18. Go out for ice cream
19. Pick a treat from the dollar section at a store
20. Choose an art project

