

Celebrating School / Home Progress



It is important that children take part in choosing the rewards. Some children require frequent changing of the reward to keep it interesting.

Sample Home Rewards

Daily Rewards

Staying up X minutes beyond bedtime
Having a bedtime story/Reading with a parent for X minutes
Choosing a radio station in car
Extra bathtub time for X minutes
Choosing family TV show
Talking on phone to friend (local call)
Video game time for X minutes
Staying outside for X minutes
Television time for X minutes
Listening to radio/stereo for X minutes
Play a game or activity 1:1 with caregiver
Other as suggested by child

Daily or Weekly Rewards

Special activity with mom or dad
Going over to a friend's house to play
Having a friend come over to play
Allowance
Bike riding/ skating/ scootering/ skateboarding (in neighborhood or daily reward; longer trip with family or at bike trail/skate park for weekly reward)
Earn day off from chores
Game of choice with parent/family
Other as suggested by child

Weekly Rewards

Making a long-distance call to relatives or friends
Going fishing/activity
Going shopping/going to the mall
Going to the movies
Going to the park
Getting ice cream
Making popcorn
Bowling, miniature golf/Selecting something special at the store
Having friend over to spend night
Going to friend's to spend night
Choosing family movie
Renting movie video
Going to a fast-food restaurant with parent and/or family
Watching taped TV shows
Free time for X minutes
Other as suggested by child

Sample School Rewards*

Talk to best friend
Listen to tape player (with headphones)
Read a book
Take Polaroid pictures
Help clean up classroom
Clean the erasers
Wash the chalkboard
Be teacher's helper
Eat lunch outside on a nice day
Extra time at recess
Write on chalkboard
Use magic markers
Draw a picture
Choose book to read to the class
Read to a friend
Read with a friend
Care for class animals
Play "teacher"
See a movie/filmstrip
Draw from "grab bag"
Visit the principal
Decorate bulletin board
Be messenger for office
Grade papers
Have treats
Earn class party
Class field trip
Student of the Day/Month
Pop popcorn
Be a line leader
Visit the janitor
Use the computer
Make ice cream sundaes
Eat at a special table
Teach a classmate
Choose stickers
Take a good note home
Receive a positive phone call
Give lots of praise
Hide a special note in desk
Nominate for student award
Choose seat for specific time
Play card games
Receive award certificate

Notes: Older children could save over weeks to get a monthly (or longer) reward as long as visuals (i.e. pieces of picture of activity are used; i.e. camping trip with parent, trip to baseball game, purchase of a video game). Rewards for an individual child need to be established as a menu. Children may make multiple choices from the menu for higher levels of reward, or may choose a longer period of time for a given reward.

*Sample School Rewards can be added to the home-based system especially if a child is not responding appropriately to the Home Rewards. Teachers need to make sure that a child wants and will work for one of these School Rewards.

Adapted from Caring for Children with ADHD: A Resource Toolkit for Clinicians