

# 10 Ideas for (free) rewards:

**1. Remote controller for a day:** Child gets to choose the tv (great for siblings!)



shows

**2. Extra screen time :** TV, computer or video games. Parents choose how much extra time.



**3. Stay up late:** Earn an extra half hour or hour from a regular bedtime



**4. Day off:** Child gets to give up a particular chore for a day.

**5. Pick your chore:** Child can choose from a list of chores which they will complete.



**6. Story time:** Child picks a book for parent to read to them.

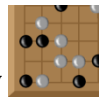


**7. Be the boss:** Child can tell parents what to do for a set amount of time.



**8. Seat pass:** Child gets to sit in the front (or favorite) seat of the car for a specified amount of time.

**9. Game time:** Child can choose a board game (or other) for family to play



**10. Arts n' Crafts:** Child can draw or do other arts n'craft projects with parent.

