



REWARD KINDNESS!


FEEL-GOOD REWARDS

- Say "Thank you for..."
- Make eye contact
- Smiles, nods, pats on the shoulder
- Hugs, high fives, fist bumps
- Praise and encouragement
- Signal thumbs up

Let the young person . . .

- Have extra time for a favorite game or outdoor play
- Choose background music
- Help arrange their room or a common-area room
- Run electronic equipment
- Pick a dinner menu
- Special seat at the table
- Pick a bedtime story or an extra story

INCENTIVES:

- Stickers or temporary tattoo
 - Small surprise treat
 - Colored chalk
 - Kindness tally board (a mark for special kindness to earn a long-term reward)
 - Getting to wear dad's tshirt for the night or mom's perfume
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LONG-TERM REWARDS

- Choose a movie night theme
- Kindness Jar: add notes of good deeds and read them together
- Special bedtime privilege: staying up 10 minutes later or extra cuddle time.
- Kindness Scrapbook with pictures of their good deeds and thank-you messages
- Future Favor Coupon Book: coupons to redeem for a fun favor
- Choose a fun outing to the park, zoo, or favorite restaurant
- One-on-one special time
- Cooking or baking together
- Helping to plan a family night or party for a family member
- Earning a new responsibility (setting the table, dog walking, calling family to dinner)

More Information :
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