

PRIZE BOX CHART

Name _____ Month of _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

INSTRUCTIONS FOR PRIZE BOX CHART

The Prize Box Chart is used as positive reinforcement for younger children (age 12 or younger). Your child has the opportunity to earn one sticker per day for “good” appropriate behaviors. After accumulating enough stickers, your child has earned a “prize” from the prize box. It is up to you and your child to determine how many stickers must be earned, over what amount of time, in order to get a prize.

To use the Prize Box Chart, first get a box that will serve as the prize box, and then solicit your child’s input about what sort of prizes might be appropriate for the prize box. Remember, as parent you have the final say as to what sort of prizes might be appropriate for the box. So for example, if your child wants paints but you are concerned about messes, then you have the final say over whether or not paints will be added to the prize box.

Next, pick a few items to put in the prize box. These don’t have to be expensive items. Buy or create at least six different items for the prize box, but don’t tell your child which items you selected. Part of the “reward” aspect of the prize box is the element of surprise. It’s like opening a wrapped gift; half the fun is trying to guess what’s in the box.

Note that the prizes don’t have to be toys either. They could be “coupons” for things like a day in the park, or a trip to the lake, or a camping trip. It’s up to you and your child to determine prizes that would be acceptable choices for both of you.

Next, print out a copy of the Prize Box Chart. Note that the chart contains spaces for every day of the week for up to a month. Communicate with your child about what sort of behavior would be appropriate to earn a sticker for the day, remembering to solicit your child’s input as well. Asking for your child’s input not only gives them a sense of control, but it also gives you an idea of what sorts of rewards might be motivating to your child.

Next, communicate about how many stickers per week or per month your child would have to earn in order to get a prize from the prize box.

It’s up to you and your child to decide the particulars about how many stickers are needed to earn a prize, and how long a period has to elapse before a prize may be earned; however, it’s a good idea not to stretch out the time available to earn a prize for more than a month, because to children under 12 a month can seem like an eternity, and they may lose interest in earning a prize if they have to wait that long.

For older children, a prize box chart is not necessary. You can find rewards that are acceptable to both of you and just list them on the *Ecoplay Choices and Consequences Contract* under the “consequences” column. Remember, 80% of consequences for behavior should be positive! Positive consequences reinforce specific behaviors, while negative consequences (punishments) only teach your child not to get caught indulging in inappropriate behaviors.

Communicate with your child about what sorts of rewards (positive consequences) would be appropriate and acceptable to both of you for specific behaviors, and then list them on the *Ecoplay Choices and Consequences Contract*.

For children under 12, use the *Prize Box Chart* in conjunction with the *Ecoplay Choices and Consequences Contract* to establish consistent consequences for choices. If both you and your child understand what the consequences are for choices, both of you will be more likely to abide by the contract.