



**CASTRO VALLEY**  
UNIFIED SCHOOL DISTRICT

Sharing the behavior love with all of you one activity at a time

# Activity#2:Establishing a Reward System



August 17th, 2020

Having a reward system in place is important for motivation and learning. Building and finding a system that works for you and your child(ren) will help to catch them being good and engage in the behavior you want to see such as participating in a Zoom meeting, completing school work, following the teacher's instruction, and following their daily schedule.

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## THIS WEEK'S ACTIVITY

Here is a step-by-step guide to using a reinforcement system with your child.

Every individual will respond to reinforcement and rewards differently. Go easy on yourself until you figure out what is most effective for your child. Just because one type of reinforcement doesn't work, it doesn't mean that none of them will work. It is important to find what motivates your child and what works for them.

Step 1. Determine what type of reward system you are going to use: tickets, marble jar, token board, are just a few examples. You can find a system here [Reward Systems](#)

Step 2. Determine what behavior needs to be reinforced - some examples are logging on a Zoom meet at the right time, following directions, participating in class, following rules and expectations around Zoom meetings.

Step 3. Determine what your child is working for. What will they redeem their tickets, marbles, or tokens for. Examples of what they can work for: 5 minutes of free time, extra time with an item they love (a squishy, a toy car, a book), a special sweet treat. You can find incentive ideas here [Incentive ideas](#)

Step 4. Provide access to your child's chosen reward for earning all of their points, marbles, stars, etc.

Videos on how to establish and implement a reward system:

[Behavior Chart at Home](#)

[How to Use a Reward Chart at Home](#)

[Reward Systems for Kids](#)

Read more on our website!  
[Behavior Support Website](#)

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