

Reference—Rewards that Cost Nothing

Remember that positive consequences don't have to be expensive. Here is a list of rewards that don't cost any money. Try to think of other positive consequences that you can add to this list. Just be creative!

Stay up late	Extra video game time
Stay out later	Messy room for a day
Have a friend over	Leave the radio on at night
Go over to a friend's house	Sleep downstairs or outside
Extra television time	Pick the TV program
One less chore	Pick an outing
Pick a movie to watch at home	Shorter study period
Mom or Dad read a story night	Decide where to go for dinner
Stay up late reading	Trip to the library, zoo, museum, etc.
Play a game with Mom or Dad	Extra night out with friends
Use the car	Permission for a special event
Sleep in late	Dinner in the family room
Extra phone time	Extra time on the computer
Plan the dinner menu	Family bike ride or fishing trip
Special snacks	Indoor picnic
Camp out in the back yard	Going grocery shopping
Free community concerts or tours	Hiking