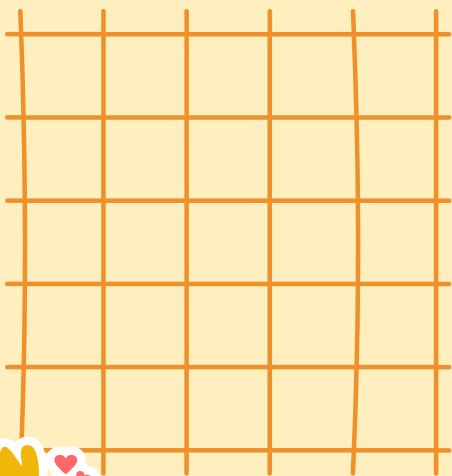


SMALL WINS, BIG CHANGES

A QUICK GUIDE TO USING
REWARD CHARTS TO RAISE **SELF**
MOTIVATED CHILDREN



I CAN 
 DO IT



WHAT ARE REWARD CHARTS?

Reward charts are simple visual tools that help young children track their behaviour and progress.

Children earn stickers or marks each time they complete a task or show good behaviour, working towards a reward once they've hit their goals.



Examples of Reward Charts:

Sticker or star charts: children earn stickers or stars for completing tasks each day or week.

Token boards: points accumulate towards a reward (e.g. 1 token per chore, redeem an activity after reaching 10 tokens)

Visual schedules: use pictures to show daily tasks, paired with reward for completion (e.g. steps to tick off when dressing independently)

Digital charts: apps that use interactive features like progress bars to better engage older children.

HOW DO REWARD CHARTS WORK?

Reward charts are grounded in an established psychological concept: **Positive Reinforcement**.

When children are consistently recognised for good behaviour, they are more likely to repeat it.

WELL DESIGNED REWARD CHARTS WORK BY:

1 USING REWARDS AS STEPPING STONES

External reinforcements like rewards given when a child demonstrates desired behaviour associates the behaviour with positive feelings, increasing likelihood of repetition.

Rewards are not framed as bribes, but as a means of guiding your child to build habits until the behaviour becomes part of their everyday routine.



HOW DO REWARD CHARTS WORK?

2 GIVING IMMEDIATE, CONSISTENT FEEDBACK

Charts provide children with visual representations of their progress, making the abstract concept of self improvement more tangible.

Children gradually learn important life skills such as planning ahead, following routines and keeping track of their own progress.



3 PROMOTING AUTONOMY & COMPETENCE

Allowing children to choose rewards and track their own progress fosters a sense of **ownership and control** over their actions.

Breaking down tasks into achievable milestones allow children to experience small successes.



HOW DO REWARD CHARTS WORK?



This helps children internalise the value of completing tasks and **derive satisfaction from their own achievements** rather than the rewards.

4

CELEBRATING EFFORT & PROGRESS

Attach recognition to **effort and progress**, not just results.

Consistently acknowledging persistence and offering descriptive feedback like "Well done for trying even though it was hard"

This helps children associate **positive feelings with their own efforts** rather than the rewards alone.



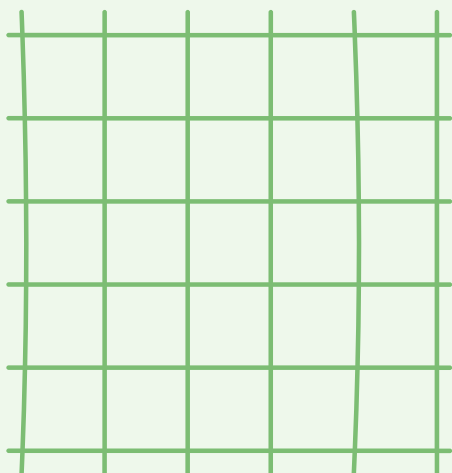
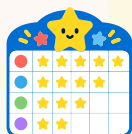
HOW DO REWARD CHARTS WORK?

5

GRADUALLY SHIFTING THE GOALPOST

As good behaviours become habits, the chart should evolve too. Introduce new goals, space out rewards, before eventually phasing them out altogether.

The aim is for your child to be able to eventually carry these habits forward on their own.



THE DO'S AND DON'TS OF REWARD CHARTS

Simple ways to use reward charts effectively as a stepping stone to self-motivation

DO'S

Involve your child from the start. Let them help design the chart, choose the goals and pick the rewards.

Target specific behaviours: Clearly identify 1-2 behaviours at a time (e.g. "brush your teeth twice a day") rather than vague goals.

Be consistent: Review the chart at the same time every day so it becomes a part of your routine.

Praise the action and effort specifically: "Well done getting dressed by yourself today!" is more meaningful than a generic "Good job."

Ask reflective questions: When your child displays desired behaviours, ask questions like "How did that make you feel?" or "Why do you think that was the right thing to do?"

This helps your child begin to understand the "why" behind good behaviour.

THE DO'S AND DON'TS OF REWARD CHARTS

DON'TS

Use the chart as a threat. Saying things like "if you don't behave, I'll take your stickers and rewards away", shifts the focus from motivation to fear.

Overemphasise rewards. Relying too much on material rewards (stickers, toys, treats) may shift a child's focus from the activity itself to only performing behaviours for rewards.

This can make children less likely to engage when rewards are absent. Instead, combine rewards with praise that highlights internal qualities, such as effort or perseverance.

Excessively structure or micromanage.

Reward charts that are too detailed or punitive (e.g., strict rules, checkbox pressure) can increase anxiety, reduce autonomy and make children feel controlled.

