

Menu of Daily Consequences and Rewards

For Ages 5-9

Consequence	Reward
Loss of TV	Additional TV time
Loss of video games	Additional video game time
Loss of computer time	Additional computer time
Going to bed early	Staying up later
Doing additional chore	Having someone else do your chore
Not earning favored activity	Gaining additional activity
Loss of playtime/free time	Additional free time

Ideas for favored daily activity

- Craft projects
(drawing, coloring, playing with clay, painting)
- Making something in the kitchen
- Playing a game of child's choice
- Playing with one-on-one with parent or other favored person
- Going to the playground/park
- Getting an extra story read aloud
- Playing "pretend" games
(dress-up, house, school, pirates, dolls, tea parties, LEGOs)
- Watching a video or movie

Ideas for weekly rewards

- Having a playdate/sleep over
- Going to a museum
- Going to the playground/park
- Getting a treat/meal out
- Choosing a small toy/item from dollar store

