

Reward and Sticker Chart

For younger children. Visible progress. Real motivation.

Best for children aged 4 to 10. The chart works because progress is visible. Fill in the target before you start. Keep rewards modest and achievable.

Our Target

Child's name: _____

What earns a sticker:

How many stickers for a small reward:

Small reward: _____

How many stickers for a bigger reward:

Bigger reward: _____

Sticker Chart

Colour in a box, add a sticker, or draw a star for each completed day.

Week 1							
Week 2							
Week 3							
Week 4							

Reward Record

Small reward earned on: _____ Reward
given: _____

Small reward earned on: _____ Reward
given: _____

Big reward earned on: _____ Reward
given: _____

Stickers and rewards work best when combined with specific,
named praise.

Not: 'Good job.'

But: 'I saw that you stopped when I asked without making a fuss. That actually means a lot.'

Specific praise is remembered. Generic praise is not.