



# Encouragement Token System

— TRACK YOUR PROGRESS —

**Identify 2-3 desired behaviors:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Identify a token (a small, portable, tangible item) to pair with praise when the child does the desired behavior.**

Token: \_\_\_\_\_

**Identify a small, low or no cost incentive that a pre-specified number of tokens earns.**

Incentive: \_\_\_\_\_

**Identify a payment plan:**

\_\_\_\_\_ number of tokens earns \_\_\_\_\_ incentive.

**Set your child up for success by explaining the token system before using it.**

1. Have your child demonstrate the behavior to ensure they understand the expectation.
2. Practice giving the token and exchanging for the incentive.