

PRIVILEGE CARDS - INSTRUCTIONS

REWARD CARDS FOR HOME USE

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To make the chart:

Print on card paper or print and laminate. Write your own reward ideas on the blank cards.

Key Points to Remember:

1. Teach/explain each of the expectations/rules (choose a calm happy time)
2. Teach/explain the consequences (use the Choice Tracker Chart)
3. Keep it positive - Listen to your tone - Speak to your child the way you would like to be spoken to
4. Build trust and a solid relationship with your children
5. Apologise if you make a mistake
6. Role model the desired behaviour
7. Teach through RESPECT, NOT FEAR
8. BE CLEAR - State the rule broken, then the action e.g. peg down, extra chore, then the way to get back on track
9. Move on quickly

To use cards:

Shuffle and let the super star pick a card or parents choose a card or cards at the beginning of the day for family members to work towards.

Everyone can achieve Super Star Status, with the right support and communication. We know that consistency is vital for success, let's work together to get this right.

Use with the Happiness Rules Poster and the Choice Tracker to help the whole family stay on track to peace and happiness.

FREE PDF - Print for personal/home use only - Pay It Forward

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Thanks for recommending us to others. www.betterwaystohappydays.com

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Privilege Cards



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Dessert

Parents choose the options

Family Game

Parents choose the time,
you choose the game

Screen Time

Parent's choose amount of time
and when, you choose the device

Stay Up Later

Parents choose the night and
the time

Family Movie

Parents choose the time, you
choose the movie

Take Away

Parents choose the time and
day, you choose the meal

Play Date

Parents choose time and day and
they host or do pick up and drop off

Stay Up Later

Parents choose the night and
the amount of time

Chore Card

Get out of one chore by
presenting this card

Parent Time

1 hour alone with Mum or Dad,
Parents choose the day/time

Play Date

Parents choose time and day and
they host or do pick up and drop off

Story Time

Parents choose the night and
the time, you choose the book

Park Time

Parents find a time and day to visit the park of your choice

Walk

Parents find the time to take a walk together

Cooking Time

Parents choose time and day and you choose what to cook or bake

Ice Cream

Parent's choose the time and take you out for ice-cream

Blank box for notes or details under Park Time.

Blank box for notes or details under Walk.

Blank box for notes or details under Cooking Time.

Blank box for notes or details under Ice Cream.

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