



## Non-Material Reward Ideas

Rewards don't have to be **toys or treats**—simple, **meaningful experiences** can be just as motivating! Use this list to brainstorm **free or low-cost rewards** that encourage **positive behaviors**.



### Fun & Special Privileges

- ✓ Stay up 10 minutes later
- ✓ Pick a family movie for movie night 🍿
- ✓ Choose what's for dinner 🍴
- ✓ Extra playtime before bed
- ✓ No chores for a day 🏠



### Quality Time Rewards

- ✓ One-on-one time with a parent (*reading, cooking, or playing a game*)
- ✓ A walk or bike ride together 🚲
- ✓ Special parent-child “date” (*park, library, picnic*)
- ✓ Extra snuggle time at bedtime
- ✓ A phone or video call with a favorite family member 📞



### Creative & Activity-Based Rewards

- ✓ 15 minutes of free art time 🎨
- ✓ Build a fort with blankets & pillows
- ✓ Have a dance party 🕺🎵
- ✓ Create a backyard obstacle course
- ✓ Pick the music playlist for the day 🎧



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## Choice-Based Rewards

- ✓ Pick the next family outing (*park, ice cream trip, nature walk*)
- ✓ Choose a fun weekend activity
- ✓ Be the “teacher” or “leader” for the day
- ✓ Swap one task for something fun
- ✓ Choose a DIY project to do together

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## Need More Personalized Reward Strategies?

Book a **free 30-minute consultation** for expert support in building effective, non-material reinforcement systems for your child.



[Schedule Here](#)

 **Contact:** [TrottaLearningSolutions@gmail.com](mailto:TrottaLearningSolutions@gmail.com)

 **Website:** [TrottaLearningSolutions.com](http://TrottaLearningSolutions.com)

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 Experiences make the best rewards!

Which non-material incentive will you try with your child this week? 🎉❤️

*Warmly,*

*Tom*