

## Reward Jars

This system can be a great way for children/young people to visually see their progress.

- Children/young people are allowed to place an object into the jar every time they display their target behaviour.
- Objects could be things like marbles, buttons or pebbles.
- It is important not to select objects which are too small or jars which are too big as you want the reward to be achievable over a relatively short period of time.
- Reward jars can be helpful when you are targeting more than one behaviour as they often take longer to reach the reward.
- Reward jars are also great to use with siblings. All the children/young people can add to the jar for their good behaviour. They can also be good for encouraging teamwork amongst siblings.
- Marking smaller rewards out on the jar can be really helpful for children/young people to keep them motivated to achieve their reward.

