

Menu of Daily Consequences and Rewards

For Ages 10–14

Consequence	Reward
Loss of TV	Additional TV time
Loss of video games	Additional video game time
Loss of computer time/Internet access	Additional computer time/Internet access
Loss of personal media device (e.g., PSP, iPod)	Additional time with personal media device
Going to bed early	Staying up later
Doing additional chore	Having someone else do your chore
Not earning favored activity	Gaining additional activity
Loss of free time	Additional free time
Loss of cell phone	Additional time with cell phone
Ending an activity early	Gaining additional time at activity

Ideas for favored daily activity

(PLEASE NOTE: We do not recommend taking away things like sports or music altogether because kids gain so many benefits from these activities, such as teamwork, responsibility, time management and commitment. You can, however, use extra time doing these as an incentive if that is motivating to your child)

Craft projects (drawing, painting, sculpting, beading)

Making something in the kitchen

Extra time playing an instrument

Extra time playing a sport/activity of child's choice

Watching a movie

Ideas for weekly rewards

Having a sleep over with friend(s)

Going to a museum

Doing activity with parent/friend

(i.e., fishing, hiking, swimming, camping, biking, going to the beach, bowling, mini-golf)

Going to the mall

