

★ MY TOKEN REWARD CHART ★

NAME :

I EARN TOKENS WHEN I USE MY STRATEGIES!



MY GOAL / FOCUS:

★

MY REWARD:

★

How to Use the Token Reward Chart

The Token Reward Chart motivates students to use their self-regulation strategies. Each time a student uses their strategies successfully, they color in a coin. When all 10 coins are filled, they earn their reward!

1. Set Up the Chart

- Print the Token Reward Chart (laminates if you'd like to reuse it).
- Write the student's name at the top.
- Fill in the Goal/Focus Strategy line with the specific skill you're working on. Examples: "Ask for headphones when it's noisy" or "Take a movement break instead of leaving my seat."
- Tell the student: "There are 10 coins on this chart. Each time you work on your goal, you color in a coin. When all 10 are full, you get your reward."

2. Define the Reward

- Choose a small, motivating reward (examples: pick a fidget, 5 minutes of drawing, classroom helper, sit by a buddy).
- Write the reward in the "When I reach 10 tokens, I earn..." box at the bottom.

3. Explain the Rules to the Student

- Be clear: "You earn a coin when you work on your goal or use a strategy that helps your body get calm and ready to learn."
- Examples of strategies that can earn coins include: Deep breathing, Asking for headphones, Taking a movement break, Using the calm corner, Using a fidget appropriately.

4. Track Tokens

- Each time the student works on their goal or uses a strategy:
 - Let them color in one coin.
 - If laminated, use a dry-erase marker or reusable stickers.

5. Celebrate Success

- When all 10 coins are filled, the student earns their reward.
- Give specific praise tied to the goal: "You remembered to ask for headphones when it was noisy. That helped you stay calm and filled your last coin — now you get your reward!"

6. Tips for Success

- Keep the target at 10 coins for consistency.
- Keep rewards quick and meaningful (so students connect effort → reward).
- Refresh the Goal/Focus Strategy as the student masters skills.
- Use the chart daily or weekly, depending on student needs.

■ The Goal/Focus section keeps the chart purposeful, while the coins keep it fun and motivating. Together, they help students practice self-regulation one step at a time.

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