How~To Templates

Reward Systems

here are a variety of reward systems that can be used to encourage an individual's best behavior throughout the day. Although visual schedules (for more information, see How-To: Visual Schedules at *http://handsinautism.org/tools.html*) may help improve behavior by providing structure and information, reward schedules and token boards may be used to provide more concrete rewards for good behavior.

A *reward schedule* (to the right) looks like a visual schedule (see samples at *http://handsinautism.org/video/Schedules.swf*), but includes a reward as the final step of the process, thus building in an incentive for cooperation.

A **token board** (to the left) is like a reward schedule in that the individual earns rewards, but the rewards are given after set expectations are met and the contracted number of tokens earned (i.e., not necessarily the last step of a sequence). Tokens can be earned after a set number of tasks are completed, a set period of time in which the individual is engaged in a task, a number of correct responses, etc.

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To Make a Reward Schedule:

1.   Begin by following the directions for making a visual schedule

2.   Decide whether the individual will earn a reward at the end or after each step. Use a reward picture to indicate when the reward will be granted (see examples above).

3.   Include a menu of specific rewards from which the individual can select to ensure s/he is motivated to work for the reward. Use the samples provided here or create your own reward menus to better meet the needs of the individual.

To Make a Token Board:

1.   On a piece of paper, list the rules for appropriate behavior and draw squares where tokens will be placed (or use the template provided). Include an area where a picture of the chosen reward (reinforcer) can be placed.

2.   Place Velcro in each area where a picture will eventually be placed. This step will make it easy to reuse the token board.

3.   Create a set of tokens. These can be colored paper, stickers, or printed out pictures of a preferred image (see samples). Place Velcro on the back of each token

4.   Place a Velcro strip on the back of the token board to keep extra tokens.

Also, check out...

How-To Video: Choice Board
How-To Video: First-Then Board

How-To Template: Choice Board
How-To Template: First Then Board

Kid's Corner Series
Life with ASD Series
Academia Series
Strategy in Practice Series

Materials provided are samples only!
They may need to be individualized to meet the particular needs
of a person with an ASD!

To Use a Reward Schedule:

1. Follow the directions for using a standard visual schedule (provided elsewhere on the website). Basically, remember to cue the individual to check his/her schedule. Prompt the individual to look at or point to the first activity and then to go to the location of the first activity. When the activity is over prompt the individual back to the schedule.

2. At the times indicated on the schedule, provide the individual with a few minutes to enjoy his/her reward. If the reward is a preferred activity that doesn't have a clear endpoint (e.g., playing with blocks), it may help to set a timer to indicate how long the reward will last.

To Use a Token Board:

1. Determine specific rules or goals for the individual (e.g., sitting in seat for 1 minute = token, quiet voice during entirety of task = token, completing an activity = token).

2. Allow the individual to choose what s/he is "working for" before any tokens are earned by offering 3-5 options (e.g., stickers, small toys, candy) to ensure s/he is motivated.

3. Provide the individual with a token for each expectation that is met with specific verbal praise (e.g., "Nice job using a quiet voice!").

4. Once all the tokens have been earned, the individual receives the chosen reward, the board is cleared, and the process begins again.

Sample Reward Schedules

One Reward at End of Schedule

Multiple Rewards Throughout

Token Board Template:

	Place for rules	

Token1	Token2	Token3	Token4	Token5

I'm working for....

Place for reward

Token Templates:

Sample Reinforcers:

Sample Tokens:

Sample Reward Pictures:

Reward	Prize	Cookies	Candies	Stickers