

## Using reward jars

One of the ways to use positive reinforcement is a reward jar

### What is it?

*A visual reward system where the child can be fully involved in managing their behaviour and track how well they are doing. The reward jar works in several different ways, depending on the needs and desire of the child*

### What are the benefits of using them?

Rewarding a child for good behavior will help them learn to make positive choices that lead to a happier time at nursery and/ or home



### What to do:

*Step 1...* Select two clear jars (e.g. Mason jars, small jam jars). Decorate one jar with stickers, paint or markers to distinguish it as the reward jar. The child can help with this task to get them excited about using the reward jar system.

*Step 2...* Fill the undecorated jar with marbles (or other preferred items e.g. glass beads, stars, pom poms, pennies), placing both the filled jar and decorated jar on a high surface within the child's sight but out of reach. Discuss the reward jar with the child and outline some of the behaviours that will result in them earning a marble/ reward e.g. sharing, using good manners, listening, cleaning their room, being kind or any other behaviour you want the child to exhibit.

*Step 3...* Explain that they will earn a marble/ reward for every good behavior they demonstrate, and when the rewards jar is full or has met a certain level, they will get a reward. Some good reward ideas are:

*Nursery~ Time at a special activity, sharing a favourite book 1:1, small edible treat*

*Home~ New book/ comic or magazine, a day out with mum/ dad and the family, a trip to the park*

*Step 4...* Put a marble/ reward into the jar or let the child place it into the reward jar whenever they exhibit a good/ positive and desired behaviour.

**Let the child help you choose the rewards**

**Small rewards on a daily basis work best for children preschool age and younger**

**Links to EYFS:** Communication & Language, Personal Social & Emotional Development

**SEND Code of Practice:** Communication & Interaction, Cognition & Learning, Social Emotional & Mental Health