

My Weekly Reward Chart

Name: _____ Date: _____

My goals	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	☆	☆	☆	☆	☆	☆	☆
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How to use this

Pick 3–5 small, positive goals with your child (say what TO do, e.g. “brush teeth”, not “don’t fight”).

Each time they manage it, let them add a star or sticker (or colour the box).

Praise warmly and often — the attention matters more than the star.

Agree a small celebration for a good week — extra story time, a trip to the park.

Pairs with our free **Calmer Behaviour program** at [inclusivetherapycentre.com/home-programs](https://www.inclusivetherapycentre.com/home-programs)