

My Token Board

Name: _____ Date: _____

I am working for: _____

1	2	3	4	5
6	7	8	9	10



My reward



How to use this

Decide together what reward the full board earns — keep it small and soon.

Give a token (sticker/coin/star) the moment your child does the thing you want to see.

Say exactly what earned it: “You shared so nicely — token!”

When the board is full, give the reward straight away and celebrate.

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