

## HANDOUT 2A

## Ideas for Incentives

- ☐ Play a game for 15 minutes
- ☐ Go to the park
- ☐ Take a walk
- ☐ Play a video game together
- ☐ Go out for ice cream
- ☐ Extra video game time
- ☐ Work on a craft project for 15 minutes (for example, beading)
- ☐ Extra phone time
- ☐ Go to a park
- ☐ Have first dibs on bathroom in the morning
- ☐ Read a story together
- ☐ More time in bathroom in the morning
- ☐ Cook or bake together
- ☐ Outing with a friend
- ☐ Go to the movies
- ☐ Friend playdate at home
- ☐ Have a night out (child's choice)
- ☐ Friend sleepover at house
- ☐ Go fishing
- ☐ Stay up 30 minutes past bedtime for a younger child
- ☐ Later curfew for older child
- ☐ Go hiking
- ☐ Watch/stream a movie/television show together (just the two of you)
- ☐ Parent completes a child's choice
- ☐ Other incentives:

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