



# Stickers for a Big Reward

Make indoor rules visible and let earned stickers add up to a chosen reward.

## Helps Your Child Grow



### Emotional & Behavioral Self-Regulation

A visual rule card and immediate feedback give your child a concrete reminder to adjust their voice or movement and practice managing their behavior.

## Steps

- If shouting or running indoors is disrupting the setting, gather a few stickers and a card to make the expectations visible.
- Draw the rules in simple pictures, such as a quiet face for “use a soft voice” and footsteps beside an adult for “walk together.”
- Add a reward plan on the back: one sticker each time your child follows the rule, with a larger reward after 20 stickers. Write the number and draw the reward.
- Let your child choose the reward, such as an ice cream outing or a new picture book.
- When you are indoors, briefly show either side of the card as a reminder. Add a sticker soon after your child adjusts their behavior.
- If your child needs to move or call loudly, take a break outside and return after they have had a chance to release that energy.

## Tips

- Keep each rule picture simple enough to understand at a glance.
- Stickers can support the first stage of practice. As the rules become familiar, gradually replace the sticker with specific verbal acknowledgment.

## Observations

- ☐ Changes their voice or movement after looking at the rule card
- ☐ Names what they would like to earn as the larger reward