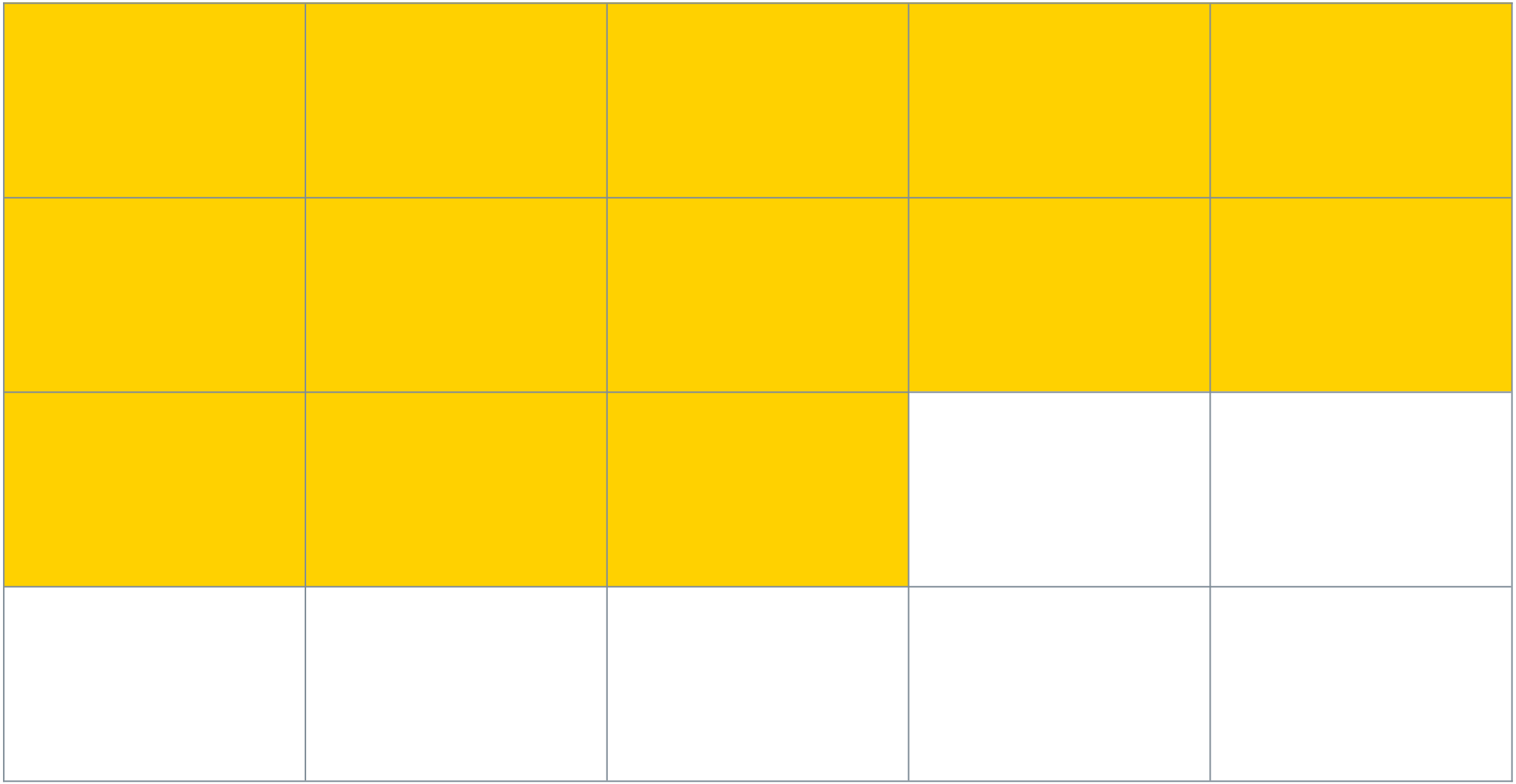
Worked example - a sticker (or a colouring-in) for every square

My sticker chart

Name: Mia

My goal Brush my teeth with no fuss

My reward Trip to the playground with Dad



How to use this template

A sticker chart gives a child something to aim for. One sticker, one tick or one colouring-in for each success, until the chart is full.

1. **Pick one goal.** Choose one small thing to work on at a time and say it in a positive way, such as 'Stay in bed until the morning light'.
2. **Agree the reward.** Decide together what the reward is and write it at the bottom. It can be time together rather than a treat.
3. **Add a sticker straight away.** Do it as soon as the goal is met, with a big well done.
4. **Celebrate when the chart is full.** Then start a new chart with a new goal.

Tips

- No stickers to hand? Colour in the square or use a stamp or tick.
- Print in black and white to save ink. Children can colour in the boxes themselves.