

## Ideas for Non-Food Rewards

- Trip out to park
- Messy art play
- Teddy bears picnic
- Games night
- Add a marble or stone to a jar for every achievement and once full you can claim a reward of your choice the visual reminder of the growing jar will motivate you to add to it.



- Sleepover with friends
- Bike ride
- Themed night- You get to choose the theme of your evening meal and look for healthy recipe ideas.



- New book or magazine
- Trip to the library
- Pamper session (nail painting)
- New clothes
- New music for your digital player
- New fashion accessory
- Trip to the cinema
- New DVD



Get the kids involved ask them for ideas...



## My Ideas for Non-Food Rewards

