

Token Jar System

Track effort and self-regulation with tangible rewards.

Set-up checklist

- [] Agree what earns a token (e.g., starting homework on time, using coping strategy).
- [] Choose a container (jar, digital tracker) and tokens (marbles, popsicle sticks).
- [] Define exchange rates: 5 tokens = choose dinner, 10 tokens = extra gaming time.
- [] Display the menu visually for quick reference.

Daily record

Day: _____ Earned tokens: _____ What helped?: _____
Day: _____ Earned tokens: _____ What helped?: _____
Day: _____ Earned tokens: _____ What helped?: _____

Reflection prompts

- Which strategies made earning tokens easier this week?
- Did any triggers make it harder? Plan for them in advance.
- Do the rewards still feel motivating? Adjust if interest drops.

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.