

Handout 2 – My Reward Bank

Build a menu you could realistically use.

Add your own ideas.

You do not need to like the examples.

Aim for variety, including at least three no-cost options and three options that take 10 minutes or less.

Category	2–5 minutes	10–20 minutes	Longer / planned
CONNECT	send a positive message; brief chat with someone safe	tea/walk/chat with a friend; play a short game together	meet a friend/family member; club/community activity
MOVE	stretch; dance to one song; short accessible movement	walk; movement game; practise a skill	sport/recreation; longer walk/ride/swim if accessible and wanted
CREATE / LEARN	doodle; photo prompt; tiny puzzle	draw; craft; instrument; read/learn something for fun	creative project; lesson/club; build or make something
REST / RESET	quiet pause; music; look outside; sensory comfort	read for pleasure; calm hobby; sit outdoors	restful hobby; slower evening; planned downtime
PLAY / ENJOY	humour-safe clip; mini game; favourite song	game/puzzle; hobby; planned episode/playlist	outing; game session; activity/event
NOTICE / CELEBRATE	tick the milestone; positive note; “I did it” photo/object	share the success; make a small ritual; savour a favourite place/music	celebration with people; create a memory page; mark a larger milestone

My personal additions

Three no-cost rewards: _____

Three quiet/low-energy rewards: _____

Three active/playful rewards: _____

Two rewards I can do alone: _____

Two rewards I can do with someone: _____

One reward that helps me celebrate a bigger milestone: _____

My backup when the first option is not available: _____