

Handout 3 – REWARD Check + Scenario Practice

Use the check before choosing a reward.

Not every box has to be “perfect”, but a serious problem in safety, access or later impact means the option needs changing.

R – Recognises something real: effort, progress, completion, courage, persistence or a deliberate choice.

E – Enjoyable to me: I actually like it; it is not what someone else says I should enjoy.

W – Wellbeing-supportive: it leaves me able to function afterwards and does not replace a basic need.

A – Accessible and appropriate: safe, legal, age-appropriate, affordable/available and compatible with school/home rules.

R – Right-sized: the time, money and intensity fit the milestone and my situation.

D – Does not create harm or a bigger problem: for me or someone else, now or later.

Scenario	REWARD Check: strongest fit	Concern / question	Keep, adjust or replace?
1 – You finish a 40-minute study block. Reward option: 10 minutes of music with a timer.			
2 – You get a good mark. Reward option: buy something that uses most of the money you need for the week.			
3 – You complete a difficult task. Reward option: one planned episode before your normal bedtime.			
4 – You meet a personal goal. Reward option: skip an essential responsibility so you can keep gaming.			
5 – You speak up in class after feeling nervous. Reward option: text someone supportive and then do a hobby you enjoy.			
6 – You already love drawing. Someone suggests you should only allow yourself to draw after every homework task.			

One activity that DEPENDS ON FIT:

Activity: _____ When it works well: _____ When it creates a later cost: _____