AGES 3–12 PRINTABLE WORKSHEET

Positive Reinforcement Planner



WHAT THIS IS

What we notice and celebrate grows. Specific praise and small rewards help new skills stick.

HOW TO USE IT

1. Pick one skill to build.
2. Plan your praise and a small reward.
3. Track it for a week and celebrate effort.

EXAMPLE

"You put your shoes on by yourself. Great job getting ready!"

Skill we are building (specific and observable)

What it looks like when they do it

Specific praise I can use

"You took a breath when you felt mad."

Rewards (small and soon)

Time together, game choice, sticker.

Weekly tracker

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Tips: Reinforce right away. Notice effort, not only results. Aim for more praise than corrections. Connection is the best reward.

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