

THE FEELINGS TEACHER RESOURCES



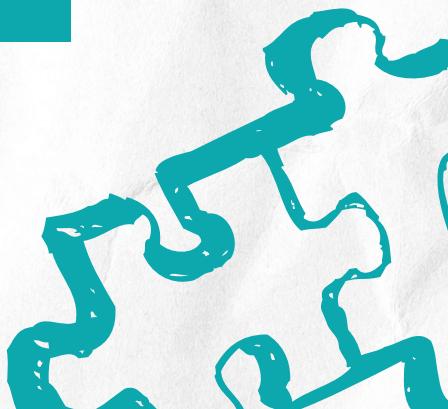
**Hi! I'm Inês Gomes,
The Feelings Teacher.**

With over 20 years' experience supporting children, families, and schools, I specialise in emotional education, anxiety, and neurodiversity. My mission is to help adults truly understand and connect with their children.

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REWARD CHECKLIST

HOW TO USE THIS CHECKLIST

Descriptive praise and attention are the most powerful rewards. But sometimes, tangible rewards — like activities or privileges — can give your child an extra sparkle of motivation.

The secret? **Choose rewards that truly matter to your child.**



REWARDS AT HOME

1. **Read a book together** — let your child choose the time and place.
2. **Watch a video clip you both enjoy** — save it for special moments.
3. **Share a candy** — a timeless favourite!
4. **Stay up a little later** (5–15 mins, depending on the day).
5. Enjoy a **hot chocolate** or their favourite warm drink.
6. **Do a puzzle together** — and make sure you finish it!
7. **Let them choose what's for dinner** — for the whole family.
8. **Bonus screen time** — 15 extra minutes to celebrate effort.
9. Build an **obstacle course** at home or in the garden.
10. **Lick the icing bowl** while baking.
11. Choose a film for a **family movie night**.
12. **Be the “only child” for a day** — special one-on-one attention.
13. **Bake together** — let them pick the recipe.
14. **Take and print photos** for fun memories.
15. **Donate old toys** — and show how giving feels good.
16. **Make a piñata together** — and fill it with surprises.
17. **Camp out** in the garden or living room.
18. Buy their **favourite magazine or app**.
19. **Save the change** — let them collect loose coins for a week.
20. Have a **sleepover** with friends.
21. **Buy an ice cream** — always a winner!
22. Organise a **surprise scavenger hunt** at home or in the garden.
23. Let them **choose the TV show** for the evening.
24. **Give them stickers** to decorate with.
25. **Offer extra responsibilities** — like caring for a class pet.
26. **Visit the grandparents**.
27. **Earn a small item that encourages activity** — jump rope, football, etc.
28. **Day off chores**.
29. **Tie-dye** an old shirt together.
30. **Choose a takeaway** for the whole family.
31. Do a **fun science experiment**.
32. **Increase their allowance** by £1 for the week.
33. **Kickabout** in the garden with Mum or Dad.

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REWARDS FOR OUT AND ABOUT

1. **Visit a friend** for playtime.
2. Go for a **bike ride** together.
3. Visit an **animal shelter or volunteer**.
4. **Plan a family day out** — let them choose the destination.
5. **Go to the movies** and let them pick the film.
6. **Visit the park** and enjoy the swings.
7. **Go swimming**.
8. **Visit a garden centre** and pick a plant.
9. **Explore a museum** — educational and fun.
10. **Visit the beach** — with ice cream, of course!
11. **Play a favourite sport together** — football, tennis, etc.



OTHER REWARDS IDEAS

1. **Create a “YES Day”** — say yes (within reason) for one hour.
2. **Breakfast in bed** — made or shared with love.
3. **Build a fort or castle** with blankets and pillows.
4. **Have a backwards dinner** — dessert first!
5. Choose a **board game** for everyone to play.
6. Invent a **new family recipe** and name it after your child.
7. Have a **“no chores” morning**.
8. **Make a smoothie** with their chosen ingredients.
9. **Play restaurant** — they’re the chef or customer.
10. Write and perform a **mini play or puppet show**.
11. Host a **karaoke night**.
12. **Family pyjama party** — popcorn mandatory!
13. Let them choose the **bedtime story and storyteller**.
14. **Have a pillow fight night**.
15. **Indoor picnic** in the living room.
16. Create a **mini spa day** — music, bubbles, candles.
17. Choose the **music playlist** for the day.
18. Create a **family “memory jar.”**
19. Have a **baking contest**.

REWARD CHECKLIST



OTHER REWARDS IDEAS

20. **Family dance party** with flashlights.
21. **Go for a walk** and let your child lead the way.
22. **Feed ducks at the local pond.**
23. **Explore a new playground or park.**
24. **Have a picnic under the trees.**
25. Go on a **nature treasure hunt.**
26. **Visit a farmers' market** and pick one treat.
27. **Fly a kite together.**
28. **Take a fun bus or train ride.**
29. Take **photos of clouds** and name their shapes.
30. **Visit the library** and pick any book.
31. Choose a **new art material** — paints, clay, markers.
32. **Learn a magic trick together.**
33. **Have a DIY day** — build something from scratch.
34. **Decorate their bedroom door.**
35. **Write a story with them as the hero.**
36. **Make a homemade movie trailer** about their “superpower.”
37. **Choose an educational app or documentary.**
38. **Create and decorate a gratitude list.**
39. **Have a Lego challenge.**
40. Make a fun “**achievement certificate.**”
41. **Have a 1-on-1 special time** (no phone, no distractions).
42. Write a **hidden appreciation note** for them to find.
43. **Swap roles** — they’re the parent for 10 minutes!
44. **Let them choose a mindfulness activity.**
45. Have a “**What makes me proud of you**” talk.
46. **Family gratitude circle** — share what you love about each other.
47. **Let them plan the next family meeting.**
48. **Tell a funny childhood story.**
49. Create a “**happy box**” of notes and photos.
50. Start a **kindness challenge** — reward them for kind actions.

Remember: Rewards aren't bribes. They're gentle reminders that effort, kindness, and progress are noticed and celebrated 