



# 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.

This resource is protected by copyright. It is provided free of charge for personal use only. Commercial use, reproduction, or distribution is not permitted.

**Special thanks to:**  
Widgit for their valuable resources and inspiration.



# 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.

# REWARD CHECKLIST



## 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 🧡

For more mindful parenting tools, visit [www.thefeelingsteacher.org](http://www.thefeelingsteacher.org)

