



### R is for Reward

Well done for another week of home-schooling! How are you doing? Is it tough at times? You may be finding lockdown a real challenge. Parents are expected to be on hand to help their children, perhaps while working from home or juggling shifts. All while keeping up with the demands of everyday life! Add into that anxiety over coronavirus and it's no surprise you may be feeling the pinch. So, how do keep yourself and your family going? One thing that motivates us is the thought of a reward. Rewards can be inner and outer. Here's how to use them for you and your child, so lockdown is a little less stressful.

#### Inner motivation

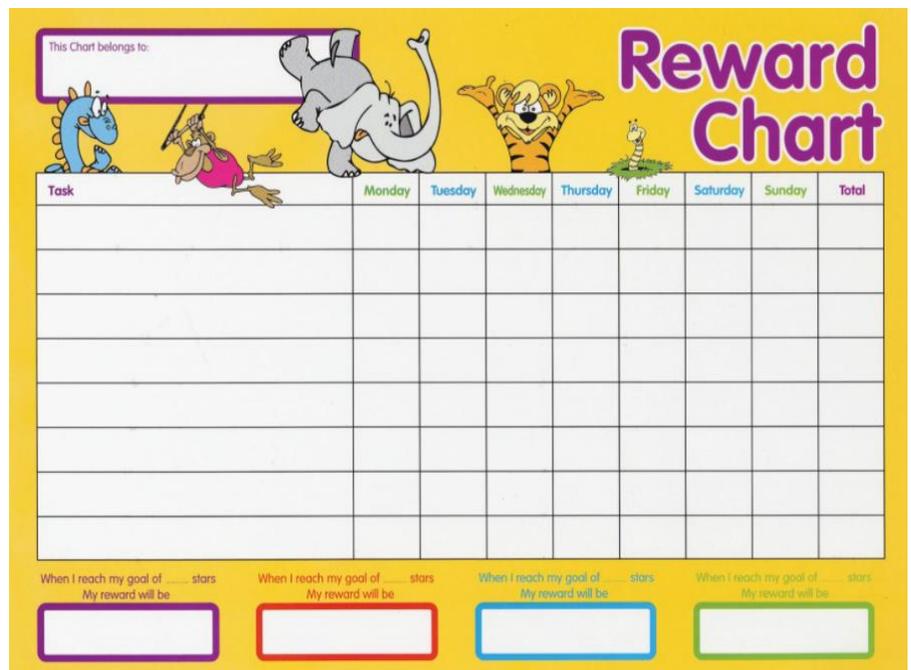
'I want to do my work, because I like getting good marks.'

'I want to do my work, because I don't want to fall behind.'

These are things we might tell ourselves to keep going. It's inner motivation, because it comes from our thoughts and feelings. What is your and your child's inner motivation? Tapping into it, when the going gets tough, can be really helpful.

#### Outer motivation

Maybe you've gone for a long walk and think 'I've earned that cake' or you've been hard at work all week, so Friday is takeaway night. That's outer motivation. Most reward charts are based on outer rewards. Having a reward chart in lockdown ensures good habits are made and kept. It's good to agree the reward with your child, so it's meaningful to them. (You could also have your own reward chart!).

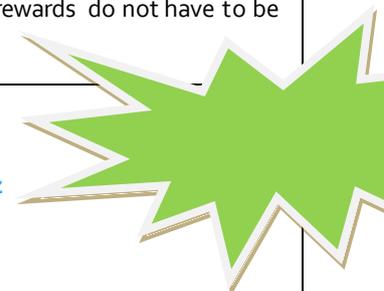


Top tip: make sure your reward doesn't turn into a bribe. Agree rewards beforehand, link them to positive behaviour and make your expectations clear. A reward is not a bribe! Bribes are often given on the spur-of-the-moment and are used to stop negative behaviour. Remember, too, that verbal praise, a hug and time with you are also rewards that children like. Your rewards do not have to be expensive. Daily rewards are good for younger children.

#### Useful websites

[72 + Reward Ideas for Kids. Free, Easy & Effective Ideas to Motivate Kids – Kudo Banz | Kudo Banz](#)

[Differences Between Extrinsic and Intrinsic Motivation \(verywellmind.com\)](#)



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