

"Stars" Reward System

At FamBundance, we aim to create tools that help every member of the family to succeed through working together. We've created this activity to help create a new way for the JDLs in a family to gain not only a degree of independence, but the things that they want, through a moderated reward system that the family works together to create. This can also be an effective tool to help regulate things like screen time, or to help your kids learn about skills like budgeting and accounting.

When we created this activity, we called the currency "Stars" because every kid is a superstar, and the activities they do help them to shine! However, your family can call the currency any name you choose. Call them stars, or make up your own!

This program was created with the idea of using a non-physical currency, that is completely tracked on paper. However, if you find your kids need a physical token to help them keep track of their Stars, or they're young enough they need to be practicing their counting skills, feel free to use something like beads, poker chips or bingo tokens.

HOW IT WORKS

Step 1: Plan some time during a family meeting to create two lists together: one list of ways that a JDL can earn stars, and one list of ways that they can invest them. The best way to do this is to put up two flip-chart pages, labeled "Earn Stars" and "Invest Stars", then starting with the "Earn Stars" chart, allow everyone to make suggestions on sticky notes and put them on the appropriate chart.

1A) Earn Stars: Here's some examples of things that can earn Stars, but of course feel free to come up with your own!

- Embodying or living our family values (3 stars)
- Helping with household tasks, ie laundry, cleaning, animal care (1 star each)
- Getting out of bed on your own in the morning (3 stars)
- Completing all homework by a certain time (2 stars)
- Brushing your teeth (1 star)
- Help with cooking
- Making your bed
- Cleaning your own space
- Cleaning shared spaces
- Doing acts of service for family members or non family members



1B) Invest (Spend) Stars: Now that you've come up with a list of things that earn Stars, figure out how they can be invested. We've chosen to call it an Investment, to help teach JDLs that the way we use our time is an investment in our future. Start by coming up with the list of things that stars can be invested in. There's a lot of things that can come out of this list, and it really depends on the already established rules and procedures that you have in your house. As you create each item, think about how many stars it might be worth (the stars we've listed are just some recommendations). Make sure your JDLs have a stake in deciding how many stars each thing is worth relative to other things (If they're young enough, you may need to guide them in this thinking). Consider things like

- Screen time (in 10 minute increments, and 1 star for each block)
- Snacks/treats (2 stars)

- Extra date nights with mom/dad (10 stars)
- Picking a movie (5 for a home movie, 15 for a theatre)
- Trips to local spots like skate parks, etc.
- Inviting a friend over
- Extra play time with mom/dad
- Picking an attraction on a family trip

Step 2: Use the charts we've created (or use your own) to create the charts you will hang on the wall in your house to keep track of your stars earned and spent. At the end of the day, take a few minutes with your JDL to help them calculate their daily totals.

**Find the charts we've created to help you out by going to
FamBundance.com/StarsChart**

If you need any help, or have questions about the activity, please reach out to our JDL Lead facilitator Matt Duncan at Matt@FamBundance.com

