



MICE
Mental health Interventions for Children with
Epilepsy

Behavioural Reward Chart (Example)

Behaviour	Stickers/Points
Following my mum and dad's instructions as soon as they ask me to do something	
To play nicely and share with my brothers	
Getting dressed for school with no arguments	

If I earn...

2 stickers = a hot chocolate or a treat of my choice

3 stickers = choose what to have for dinner that night or 10 minutes reading with mum

5 stickers = to stay up 15 minutes later, to have 15 minutes extra on the iPad

7 stickers = a trip to the park or a movie night

10 stickers = choose a takeaway dinner or a pamper night or have friends over for a sleepover

REWARDS

- 2 = 5mins Mum reading a book
- 3 = funny dog video on youtube
- 3 = healthy snack for school (tortilla chips or choc buttons)
- 4 = Back massage in bed
- 5 = Choosing a video to watch in the week
- 6 =

- 7 = Hot Chocolate
- 8 = Bike ride
- 9 =
- 10 = Going shopping
- 10 = Going to the arena (Aussie friendly?)
- 11 = Swimming (+ Carer?)
- 12 = Curry take-away



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