

# Token Economy

## Caregiver Handout



Your student is participating in a token economy at school.

## What is a Token Economy?

A token economy is a positive behavior support strategy. It is a way to encourage students to make good choices by earning tokens when they follow expectations or show positive behavior.

The tokens that your student earns can then be traded for prizes or privileges. You can ask your student's teacher for more details on the types of prizes they might earn.

Your student might earn a token for being kind to a classmate or for following directions. When they notice they are being rewarded for good behavior, they are more likely to keep it up!

## BENEFITS OF A TOKEN ECONOMY

Encourages positive  
behavior

Teaches  
responsibility

Builds decision-  
making skills

# Helpful Tips for Supporting a Token Economy From Home

## Address Behavioral Concerns

If your student is struggling with behavior at home, you can also use the token economy there. This way, there is consistency between home and school. Talk to your student's teacher about how to adapt the system to fit your family, and make sure it aligns with what they are doing at school.



## Provide Rewards at Home

The token economy works by rewarding good behavior. At home, you can let your student exchange their tokens for special rewards. You could set up a system where they earn tokens for chores or good behavior, then trade them in for something they want, like extra screen time or a fun outing.

## Encourage Their Efforts

Do not forget to give your student encouragement for their hard work and good behavior, both at home and at school. This helps them understand what they are doing right and encourages them to keep it up.



## Communicate with the Teacher

Stay in touch with your student's teacher to understand how they are doing in the classroom and with the token economy system. The teacher might have some additional ways to help support from home. The teacher might also want to coordinate with you so the student can earn rewards at home for behaviors at school. Working together with your child and their teacher, you can come up with rewards that will really motivate them.

## Examples of Rewards given at home

- Extra Screen Time: Earn 15–30 extra minutes of tablet, TV, or video game time.
- Special Activity: Choose a fun activity like a family game, baking together, or picking the movie for movie night.
- Small Treat or Toy: Pick a favorite snack, sticker, or small item from a reward box.