



# FAMILY AWARDS NIGHT ACTIVITY

Everybody likes to be noticed for the good things they do. If parents can learn to recognize and reinforce the good things their children are doing, the children will find more opportunities to be positive. The purpose of this activity is to help parents reinforce positive behavior through praise by recognizing children for their good work.

**Time Needed:** Approximately 30 minutes

**Activity Instructions:**

After a family dinner, announce to the children it is Family Awards Night. Each child is awarded a simple trophy (a can of soda pop) for their good works of the past week. Awards may be given for the following accomplishments:

- sister support—gave a needed hug, helped with homework
- generosity—saved for a sibling’s birthday present
- elbow grease—put the chain back on another’s bike
- fitness—turned off TV to go outside and exercise
- patience—played with the baby
- safety—helped younger children cross the street
- self-starter—got up on their own for school

NOTE: Children may also pitch in and find appropriate awards for each of their parents. You can get creative with the awards and offer something different every once in a while, like a favorite box of cold cereal.