

Spending Sticks!

Looking for even MORE ideas for spending Sticks? Check out this list and then brainstorm one of your own!

Helping your children fall in love with the Golden Stick is a valuable tool for you to use to motivate them to accomplish tasks and meet goals. There are many ideas in the book. Here are some more:

Young/School-age children:

- ◆ an ice cream treat
- ◆ extended minutes on electronics
- ◆ a movie choice from the library
- ◆ a “date” with a family member
- ◆ picking a favorite meal
- ◆ a new (small) toy or needed sports equipment
- ◆ a pack of gum

Teens:

- ◆ A gas gift card (small amounts)
- ◆ A Starbucks outing or gift card
- ◆ Movie tickets
- ◆ iTunes gift cards
- ◆ One-on-one outings
- ◆ A chore “pass” (to be used to be released from a chore)
- ◆ a trip to go bowling (often free or inexpensive!)
- ◆ a bucket of golf balls at the driving range

Something to think about: What if your kids saved their Sticks to earn bigger items together? For instance, perhaps they would like a new video game, a family movie outing, a shared day trip. Might you use this opportunity to teach them to work together to accomplish a common goal?