

TIP SHEET

English and NEPALI/ नेपाली

Token Boards for Behavior

ब्यबहारका लागि टोकन बोर्ड

TIPS:

- only use rewards that are special, short term and very motivating for a child
- if a phone or ipad is your child's reward then it should only be for a 3-5 minute game/video
- you can also use visual timers so a child can see how much longer they need to do something before they are finished
- here are some examples of free visual timers: <http://www.online-stopwatch.com/classroom-timers/>

[https://handsinautism.iupui.edu/pdf/How To RewardSystems.pdf](https://handsinautism.iupui.edu/pdf/How_To_RewardSystems.pdf)

सुझाव

- विशेष र छोटो समयका इनाम को मात्र प्रयोग गर्नुस जसले बच्चालाई उत्प्रेरित गरोस ।
- फोन वा आइ प्याड बच्चालाई इनाम हुन्छ भने ३ - ५ मिनेटको खेल वा भिडिओ मात्र दिनुहोस ।
- समय तय गर्न visual timers को प्रयोग गर्न सकिन्छ.
- यहाँ केहि visual timers का उदाहरणहरु छन्: <http://www.online-stopwatch.com/classroom-timers/>

[https://handsinautism.iupui.edu/pdf/How To RewardSystems.pdf](https://handsinautism.iupui.edu/pdf/How_To_RewardSystems.pdf)