

Marble Jar Setup

First, get a jar and some marbles. They typically have these at a Dollar Tree or 99 Cent store. Be sure that the jar is not a large one. The larger it is, the more difficult it is to earn the reward which can be discouraging for kids. We want them to earn a reward! If you don't have, or can't find, a small jar, a large one is fine and you can draw a line on it that indicates where the reward is earned.

Next, it is important to write out the behaviors that you would like to see occur in order to earn the marbles. This should be written out plainly and should be displayed near the marble jar. It is helpful if it is displayed in multiple rooms.

In the beginning, you need to reward generously in order to create "buy in". We suggest rewarding enough that the jar is filled up within a week and no more than a week and a half. It is also important to be sure that the reward is given as soon as the jar is filled. We would also only choose a few goals and focus on rewarding those behaviors copiously.

Goal Examples:

- Have a positive attitude
- Use an inside voice while inside the house
- Use kind words
- Complete homework
- Use coping skills when mad, sad, or worried
- Brush teeth
- Complete chore

