



# simplesteps

Leading the way in behavioural change

Tokenboards



with each **simple step**, get closer  
to building a **better future**

# Tokenboard Guide

## Guide to use;

**Token economies are used in everyday life, e.g. money is a token economy. We work for money (which is really only a token in the form of a piece of round metal or a piece of paper) and exchange it for tangible reinforcers.**

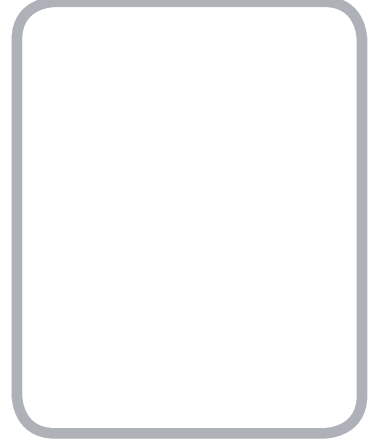
A token economy can be used to delay delivery of tangibles reinforcers, whilst still providing the child with feedback for appropriate behaviour/responses. The tokens are then exchanged for access to tangibles reinforcers once a sufficient number have been collected. **TOKENS MUST ALWAYS BE EXCHANGED FOR SOMETHING- GOLD STARS OR SMILEY FACES ARE NOT ENOUGH ON THEIR OWN!**

Initially, it should be very easy for the child to earn tokens to ensure s/he accesses reinforcement frequently. The child may only be required to earn a few tokens before s/he exchanges them for the tangible reinforcer. You can incrementally increase the number of tokens the child must get before receiving the desired reinforcer.

Token boards are very versatile in that they can be used either for continuous reinforcement (a correct behaviour is always reinforced), or intermittent reinforcement (e.g. a token is given for every other correct response) or differential reinforcement (e.g. where an excellent response gains a jackpot, with all or almost all tokens given at once). Token boards can be used for general behaviour e.g. compliance, as well as table-top work.

To use the token board example here, print the template of the token board and the tokens. Where possible laminate both, cut out the tokens and then use velcro hooks and loops to attach tokens to the board. Sometimes children like to choose their reinforcer and it helps if you have a choice board for them. Their preferred choice can be placed on the token board so they are reminded of what they are working towards.

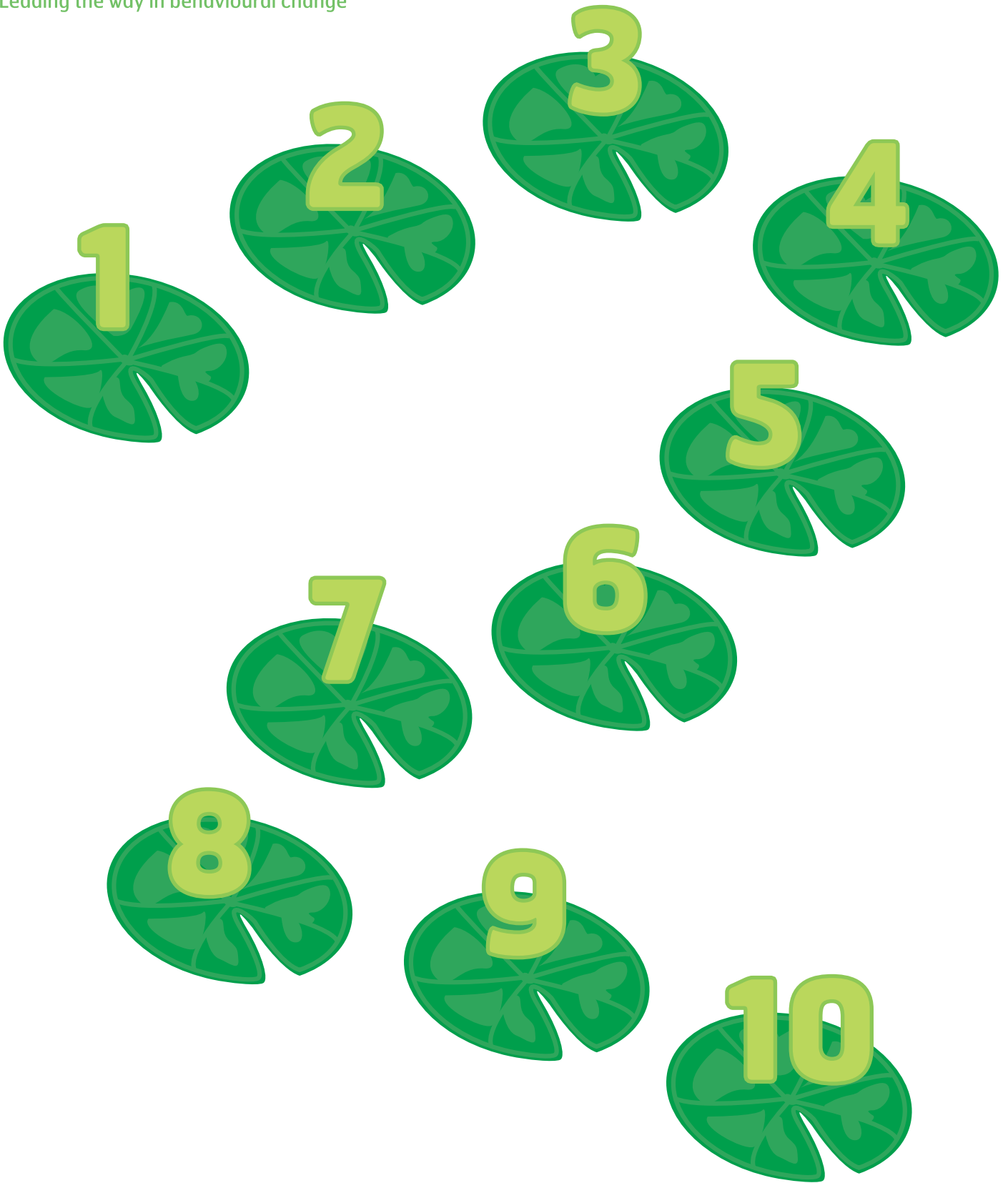
**Note: you should not use the threat of removal of tokens for inappropriate behaviour. Your child has earned the tokens and deserves to keep them. Response cost (tokens removed for inappropriate behaviour) is used by some, but what do you do when there are no tokens left to remove? Also, do not use tokens as bribes for desired behaviour.**



**Reward:**

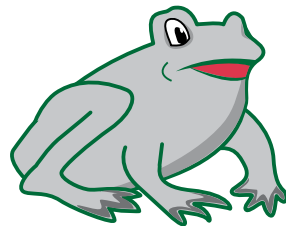
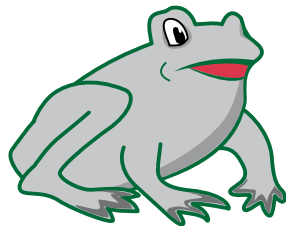
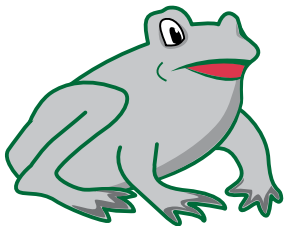
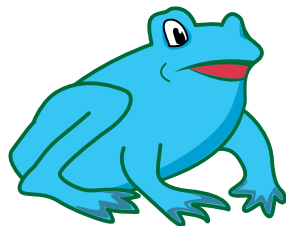
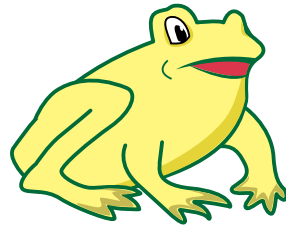
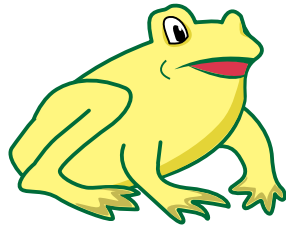
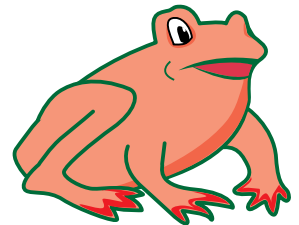
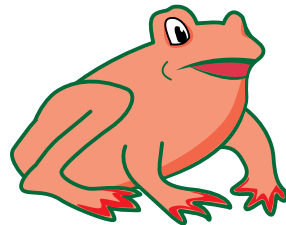
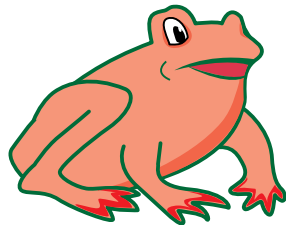
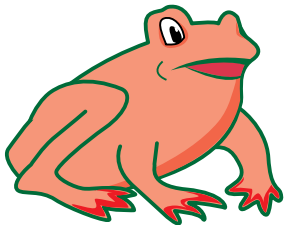
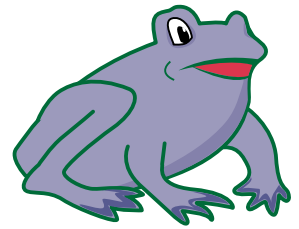
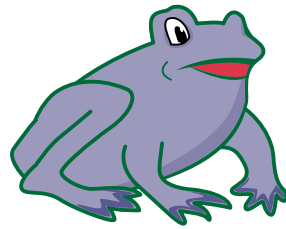
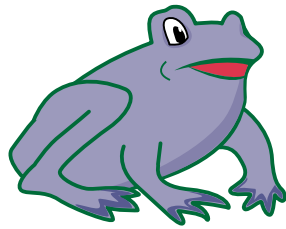


# Frog Token Board



in working for

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