

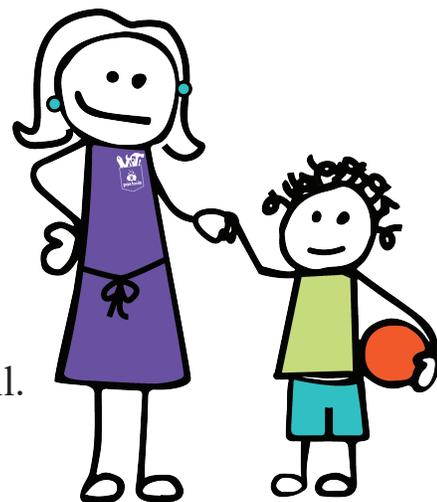
“Grandma’s Law” says you can have your dessert when you finish your vegetables. That’s the theory at play when we use **Mystery Motivators**. These short and simple activities motivate children to perform well, even for tasks they do not enjoy like cleaning up or doing homework.

1. Pick several **free, fun, active prizes** the children may enjoy that will serve as Mystery Motivators. **Consider** taking funny pictures, having a quick dance party, or playing outside.

2. Write each **prize idea** on a slip of paper. Store them in a special jar, bag, or hat to use later.

3. Draw a **prize** as a reward when the child has performed well. Make it appear **randomly selected**, even if you have a specific one in mind.

4. Do the prize along with the child. **Prizes done together** are the most fun and **motivating**.



This **evidence-based strategy jumpstarts motivation** for completing tasks and positive behavior by harnessing the brain’s natural reward-seeking instinct. Mystery Motivators pave the way for children’s understanding of cause and effect, while creating more **peace, productivity, health, and happiness for everyone!**

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