



A small gamification victory with my daughter!

## Description

Whilst I spin through a really busy time, I wanted to share with you a minor gamification victory with my daughter.

Anyone who has read my blog in the past, will know that I have been trying to use gamification around my daughters behaviour for a few years now. Not all (any) attempts have been 100% successful. The most gut wrenching failure was the use of the [reward chart](#)! However, in March, I decided to try a slightly less rewards based system – the [Behaviour Meter](#).

This was a simple chart that displayed numbers 0 to 10, with an arrow pointing to the value that best described my daughters behaviour at the time. Whenever I felt her behaviour changed, I moved the arrow – simple!

Anyway, fast forward to this weekend.

- **Daughter:** “Daddy, how come I am on an 8 on my chart. I thought I had been naughtier than that”
- **Me:** “Well, generally you have been pretty well behaved”
- **Daughter** “I can’t wait to get a 10 on there”
- **Me:** “That’s great, but you know there is no prize for getting a 10”
- **Daughter:** “I know that, but I really want to prove I can do it”

She wanted to behave, because she wanted to. There was no desire for a reward behind it, she wanted to do it for her – it was intrinsic!

Now, I call this a massive win for fast and relevant feedback vs extrinsic rewards.

The next step is to lay out a few guidelines that she can follow to get her behaviour up to a 10!

## Download a behaviour meter!

- [Download the Princess Chart \(PDF\)](#)
- [Download the Super Hero \(male\) Chart \(PDF\)](#)

- [Download the Super Hero \(female\) Chart \(PDF\)](#)

### Category

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