Homework Focus Token Boards

Earn tokens for focused work. Fill all circles, then get the reward.

Focus Board

Stay on task for 5 minutes

1 2 3 4 5

THEN → 5 min Break

Homework Board

Complete 5 problems

1 2 3 4 5

THEN → Favorite Snack

Reading Board

Read 5 pages carefully

1 2 3 4 5

THEN → Choice Time

Writing Board

Write 5 good sentences

1 2 3 4 5

THEN → Sticker / Toy

Quick How-To:

1. Agree the reward first. 2. Give one token for each focused chunk. 3. When all tokens are filled → deliver the reward right away.

More Token Boards

Short & Long Versions

Use 3 tokens for short tasks or beginners. Use 10 for longer work sessions.

Quick Focus

3 focused minutes

1 2 3

THEN → Short Break

Start Strong

Begin 3 problems

1 2 3

THEN → High Five + Choice

Long Focus Board – 10 Tokens

Complete 10 focused work chunks → Then big reward

1 2 3 4 5 6 7 8 9 10

THEN → Special Reward / Preferred Activity

Tip: Start with 3-token boards if longer ones feel too hard. Increase tokens as focus improves.

Always deliver the reward immediately after the last token is earned.

Subject Token Boards

Math • Reading • Writing • All

Match the board to the subject for clearer expectations.

Math Focus

Finish 5 math problems

1 2 3 4 5

THEN → Math Game / Break

Reading Focus

Read 5 pages with care

1 2 3 4 5

THEN → Choose Next Book

Writing Focus

Write 5 full sentences

1 2 3 4 5

THEN → Drawing Time

All Subjects

Stay focused 5 chunks

1 2 3 4 5

THEN → Free Choice 10 min

Pro tip:

Let the student help choose the reward before starting. Ownership increases motivation.

Keep rewards realistic and available so you can follow through every time.

Blank Token Boards

Write your own goals and rewards. Laminate and reuse with dry-erase.

My Focus Board

THEN → _____

My Focus Board

THEN → _____

How to Use Homework Token Boards

1. Choose a board that matches the length of the task (3, 5 or 10 tokens).
2. Agree on a clear, available reward before starting work.
3. Explain: “When all the circles are full, you get the reward.”
4. Give one token for each completed focused chunk (use a marker or sticker).
5. Celebrate when the board is full and deliver the reward immediately.
6. Start over for the next work session. Consistency builds trust and focus.
7. Gradually increase the number of tokens as focus stamina grows.