# Potential Reinforcer Idea List

The following table provides examples of potential reinforcers in each of the five general categories of edibles, activities, tangibles, sensory, and social. What is reinforcing is different for every individual and can vary for individuals across settings, situations, and time.

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| **Edibles** | **Activities** | **Tangibles** | **Sensory** | **Social** |
| * Popcorn
* Candy
	+ Skittles
	+ M&Ms
	+ Sweet Tarts
	+ Lollipops
	+ Gummy Bears
* Animal Crackers
* Marshmallows
* Raisins
* Fruit
	+ Banana Slices
	+ Apple Slices
	+ Grapes
	+ Blueberries
* Goldfish Crackers
* Pretzels
* Popcorn
* Cereal
* Chips
* Carrot Slices
* Cheese
* Yogurt
* Fruit Snacks
* Drinks
	+ Juice
	+ Soda
	+ Chocolate Milk
	+ Sports Drinks
 | * Dancing
* Peek-a-Boo
* Tickling
* Activity Tables
	+ Sand Table
	+ Water Table
	+ Bean Table
* Drawing
* Painting
* Playing with Bubbles
* Reading a Book
* Listening to Music
* Playing Board or Card Game
* Center Choice
* Going for a Walk
* Watching a video
* Doing Puzzles
* Looking Out a Window
* Throwing or Kicking a Ball
* Visiting a Preferred Room, Space, or Setting
 | Tangibles are often combined with another type of reinforcement. For example, an individual may want to access a toy train (tangible) in order to play with it (activity).* Stickers
* Stamps
* Favorite Objects
	+ Small Toy
	+ Squeeze Ball
	+ Stuffed Animal
	+ Action Figures
* Token
* Musical Instrument
 | Sensory reinforcers should be used solely as a bonus to the sensory supports a student needs for self-regulation. Never withhold sensory supports that a student requires to remain safe, calm and engaged.* Turn lights on/off
* Twirl on Spinning Chair
* Rocking
* Shaving Cream Play
* Scooter Board Rides
* Swing
* Trampoline
* Fidget Toys
* Spinning Toys
* Squeeze Balls
* Exercise Balls
* Running
* Lava Lamp
* Mini Fan
* Weighted Blanket
* Sensory Bins or Tables
* Body Sock
 | * High-Fives
* Hugs
* Facial Expressions
	+ Smiles
	+ Raising Eyebrows
	+ Winking
	+ Funny Faces
* Verbal Praise
* Thumbs Up
* Nodding Head
* Peer Play/Attention
* Silly Sounds from Adult
* Tickles
* Laughing
* Cheering
* Joint Attention from Adult or Peer
* Talk About a Preferred Topic
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