



# Mystery Motivators

## for Caregivers

“**G**randma’s Law” says you can have your dessert once 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 and are far more rewarding than tangible prizes.

This tested and proven strategy jumpstarts motivation for completing tasks and positive behavior by harnessing the brain’s natural reward-seeking instinct while avoiding distractions and negative behavior.

### **Mystery Motivators help young people ...**

- Make clear associations between cause and effect.
- Celebrate their successes and others’.
- Set and achieve goals.
- Improve their patience.
- Avoid problematic or impulsive choices.

When adults provide opportunities for young people to earn and experience Mystery Motivators they increase the **Peace, Productivity, Health, and Happiness** for everyone!

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## The Recipe

- 1** Identify several fun and active prizes young people will enjoy that will serve as Mystery Motivators. Consider taking funny pictures, having a quick dance party, or playing outside.
- 2** Write each Mystery Motivator idea on a slip of paper. Store them in a special jar, bag, or box to use later.
- 3** Draw a random Mystery Motivator as a reward when the young person has performed well. Make it appear randomly selected, even if you have a specific one in mind.
- 4** Do the Mystery Motivator along with the young person. Prizes done together are the most fun and motivating.