

ADHD:

Mystery Motivator

Rena Little

Mystery Motivator:

What is it?

- Reward system that carries a certain amount of unpredictability.

Purpose:

- To increase the frequency of desired target behaviours
- To be time effective for teachers

Advantages:

- Intriguing to students because there is an element of unpredictability
- Easy to gradually reduce occurrence of reward
- Can be implemented with individual students or the entire class
- Proactive strategy

Procedures of Mystery Motivator:

- Materials
 - ➔ Mystery Motivator chart
 - ➔ Special watercolour markers including one with invisible ink
- Preparation
 - ➔ Prepare a reward menu for each student for this intervention or for entire class
 - Something acceptable to teacher and parents
 - Easily obtainable in the school setting or at an affordable cost
 - Will be reinforcing to the child
 - Creating a master list of possible rewards and having targeted students rate them, may help to select motivating reinforcers
 - ➔ Select 1 to 3 target behaviours that are measurable and observable and create a concise definition of each
 - ➔ Determine time period to implement the mystery motivator
 - ➔ Determine the minimum behavioural criteria that students must meet in order to earn a chance to fill in a blank on the mystery motivator chart
 - ➔ Prepare the mystery motivator chart
 - Determine how frequently students should earn reward (recommend 3 to 4 times a week initially and reduce frequency as behaviour improves)

Alternative Materials:

If invisible ink is not available:

-Use 5 envelopes to represent the 5 days of the week. Use 5 corresponding pieces of paper. Depending upon how often you wish to give a reward, write the symbol indicating Mystery Motivator (MM) on that many papers. Fold them up and put them into the five envelopes. Mark the outside of each envelope with a day of the week. When a student or class demonstrates the targeted behaviour, give the corresponding envelope to the recipient. If the symbol (MM) is on the paper inside the envelope then the recipient gets to choose from the reward menu.

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- For each day of the week that you intend to reward students write MM (Mystery Motivator) on the chart blank with invisible ink
- Variation: you can also write comments of praise on the days for which students don't get rewards to add interest when students colour in the chart to show the invisible ink
- Determine guidelines for bonus points – Ex. If class uncovers 3 days on the chart in a week they get to uncover the bonus box and earn whatever number of bonus points you have put in that box, which can be redeemed for a reinforcer from the reward menu.

Mystery Motivator Chart

Class/Student:

Week of:

- Behaviour Goals: 1.
2.
3.

Monday	Tuesday	Wednesday	Thursday	Friday	Bonus
MM		MM		MM	3

- Introduce the Mystery Motivator program to the students
 - ➡ Explain that students will have a chance to earn prizes for positive behaviour
 - ➡ Review the behaviours targeted for students
 - Demonstration
 - Modeling
 - Post behaviour definitions in positive language
 - ➡ Introduce Mystery Motivator Chart
 - Students have an opportunity to earn the right to fill in a box on the chart to see if they have won a reward, but only if targeted behaviour is displayed

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- Let students know that the letters “MM” appear, they have an opportunity to select a prize from the reward menu
 - If the letters “MM” do not appear, follow-up with positive praise for good behaviours and remind students that they will have another chance tomorrow.
- ➔ At the end of each week, decide whether students have met the criteria for Bonus Points
- If met criteria, award any bonus marks and allow students to redeem for corresponding prize from reward menu

Reward ideas:

■ Student tangible rewards

- ➔ Sit with a friend
- ➔ Listen to music while working
- ➔ Eat lunch or have class outside
- ➔ Talk time at the end of class
- ➔ Reduce homework
- ➔ “No homework” pass
- ➔ Extra credit
- ➔ Fun video
- ➔ Brainteasers
- ➔ Field trip
- ➔ Stickers
- ➔ Candy
- ➔ Books

- ➔ Computer time

- ➔ Pencils, pens, erasers

- ➔ Donated prizes

■ Recognition rewards

- ➔ Phone call or e-mail to parents telling them how well their son/daughter is doing

- ➔ Positive note to student commenting on his/her achievement

- ➔ “Caught being good” coupon

- ➔ Public Posting

- ➔ Website or blog postings

For further information:

www.interventioncentral.org/index.php/challenging-students/148-mystery-motivator