

# POSSIBLE EFFECTIVE NEGATIVE CONSEQUENCES

- \* Breathing exercise to calm down
- \* Choose their own consequence
- \* Clean-up mess
- \* Do something kind for someone else
- \* Do an extra chore
- \* Go to bed early
- \* Keep hands in pocket
- \* Loss of allowance
- \* Loss of a privilege for the day
- \* Loss of phone time
- \* Loss of playtime
- \* Loss of time with friends
- \* Loss of tablet/computer playtime
- \* Loss of TV time
- \* Make amends
- \* Make bed/siblings bed
- \* No bike or scooter time
- \* No dessert/treat
- \* Pay for poor behavior
- \* Play elsewhere
- \* Pull weeds
- \* Remove toys from room
- \* Removal from the situation
- \* Say 5 nice things about someone
- \* Sweep floor
- \* Take out trash
- \* Timeout
- \* Toy timeout (no playing with toy for set amount of time)
- \* Vacuum
- \* Write apology letter
- \* Write sentences

## THINGS NOT TO BE USED AS CONSEQUENCES

- \* Destroying toys or personal objects
- \* Humiliation
- \* Loss of basic rights (healthy food, clothing, sleep, shelter, etc.)
- \* Loss of vacations or family time
- \* Physical or verbal punishments