

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