

# Behavior & Consequences Chart



## BEHAVIOR

## POSITIVE CHOICE

## CONSEQUENCES IF BEHAVIOR CONTINUES

|                                     |                                                           |                                                                                                                                                                                                 |
|-------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Not listening to directions         | Follow the directions the first time                      | <ul style="list-style-type: none"> <li>• Lose 5 minutes of a preferred activity</li> <li>• 5 jumps, jumping jacks, sprints, etc. (if need to help refocus)</li> </ul>                           |
| Hitting, kicking, or hurting others | Use gentle hands and words                                | <ul style="list-style-type: none"> <li>• Immediate break/calm-down space and apology (timeout for 3-5 minutes)</li> </ul>                                                                       |
| Throwing toys                       | Play safely with toys                                     | <ul style="list-style-type: none"> <li>• Toy is put away for the rest of the day</li> </ul>                                                                                                     |
| Refusing to clean up                | Raise hand or wait for a turn                             | <ul style="list-style-type: none"> <li>• Activity pauses until cleanup is complete</li> <li>• Bedtime or nap time moves up by 5 minutes</li> <li>• Help with one of sibling's chores</li> </ul> |
| Interrupting others                 | Walk safely inside                                        | <ul style="list-style-type: none"> <li>• Wait an extra turn before speaking</li> </ul>                                                                                                          |
| Running indoors                     | Use a calm voice                                          | <ul style="list-style-type: none"> <li>• Sit and reset for 2 minutes before returning</li> </ul>                                                                                                |
| Yelling or screaming                | Use a calm voice                                          | <ul style="list-style-type: none"> <li>• Move to a quiet space until calm</li> <li>• Run, walk, wiggle, or jump to reset</li> <li>• Timeout for 3-5 minutes</li> </ul>                          |
| Being unkind to siblings or friends | Use kind words                                            | <ul style="list-style-type: none"> <li>• Take a break from the activity and practice kind words</li> <li>• Help with one of sibling's chores</li> </ul>                                         |
| Leaving a mess after eating         | Clean up own space                                        | <ul style="list-style-type: none"> <li>• Help with an additional cleanup task</li> </ul>                                                                                                        |
| Jumping on furniture                | Sitting nicely or going outside or downstairs to run/jump | <ul style="list-style-type: none"> <li>• Permission to sit on that piece of furniture is lost for the rest the day</li> </ul>                                                                   |
| Talking back                        | Using kind words or not commenting                        | <ul style="list-style-type: none"> <li>• Take a break from the activity and practice kind words</li> <li>• Help with one of sibling's chores</li> </ul>                                         |