

Accepting Consequences

1. A consequence is something that can be positive (+) or negative (-). A consequence is what happens after you do something.

Positive Consequence: If you finish your homework early, you might get extra free time. The positive consequence is FREE TIME!

You did your work!



You get free time!



Good job!



Negative Consequence: You were talking when the teacher told everyone to be quiet. You get in trouble and lose your recess. The negative consequence is LOSING YOUR RECESS.

You were not quiet.





You lose recess.



You are disappointed.



2. The reason you receive a positive consequence is because you did the right thing  . The reason you receive a negative consequence is

because you didn't follow directions  or didn't do what you were supposed to do.

3. A consequence can make you happy or mad. The most important thing is to accept the consequence. If you accept the consequence, you will take the consequence and finish it quickly. If you argue or fight against the consequence, you might receive another negative consequence!

I lost recess and I got mad. Because I did not accept the consequence, I lost another recess!.



4. The best thing to do is accept the consequence without arguing or getting upset.