

# CREATIVE CONSEQUENCES

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## FOR GOOD KIDS

A creative consequence should be gentle, effective, and easy to implement. It is important that consequences happen swiftly so that kids make a connection between their behavior and the outcome.

- Time out to calm down
- Time in to snuggle and discuss what's going on
- Sensory activities to regulate body such as:
  - Wheel barrow walk
  - Crab walk
  - Foam roller
  - Roll on big ball
  - Push ups - 10 at a time
  - Wall squat - 30 seconds
  - Jumping Jacks - 10-15 at a time
  - Wrap up in a blanket
  - Bear hug
- Select a chore:
  - Pickup play room
  - Pickup bedroom
  - Wash windows
  - Take out the trash
  - Sweep porch
  - Sweep garage
  - Put away laundry
  - Clean under bed
  - Match socks
- Read a book
- No TV
- Mercy - talk about God having mercy on us
- Early bedtime
- Trace the alphabet or practice handwriting

Obviously not all activities are appropriate for all kids. Use what works for your family!

