

# STOP AND THINK SOCIAL SKILLS

## Accepting Consequences

A major component of the Accepting Consequences skill is following directions, for the skill requires students to appropriately follow the directions they receive as a result of making a bad choice. For example, if a student doesn't log off the computer when asked, you might tell the student that he/she may not use the computer for the rest of the day. Or, if a student responds aggressively when a peer is bothering him/her, you may have the student practice the Ignoring Distractions skill as a consequence. When students can follow these directions appropriately, they are demonstrating that they can accept consequences.

**Use the Stop and Think language at home with your children to help reinforce the steps of accepting consequences.**

**Step 1:** Stop and Think.

**Step 2:** Am I going to make a good choice or a bad choice? A good choice!

**Step 3:** What are my choices or steps?

- a. **Take** a deep breath and **count** to five.
- b. **Think** about what is being said.
- c. **Say**, "I'm sorry I made a bad choice," and specify what should have been done.
- d. **Follow** the directions or the steps of the consequence.

**Step 4:** Just do it!

**Step 5:** Good job!

\*\*Information taken from The Stop and Think Social Skills Program developed by Dr. Howard M. Knoff