

Example action and consequence chart

After each consequence an apology is to be made.

Sorry means “**I won’t do it again**”.

Action	Consequence
Swearing	Phone/tablet taken away for an hour
Physical violence (hitting, kicking, biting, pinching, pushing, etc)	Phone/tablet taken away for a day
Lying	Phone/tablet taken away for an hour
Arguments between siblings	Phone/tablet taken away for half an hour and separated for half an hour
Tantrums – breaking objects or hurting people on purpose	Phone/tablet taken away for a day

This is a real-life example; the only appropriate consequence was phone/tablet removed from children, however a ‘time out’ method could be used

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