



Consequences to Use in the Classroom

“If then” warning – warn the child that he/she will lose a privilege or go to Time Out if he/she does not follow directions.

- “If you don’t clean-up, then you will lose 5 minutes of center time.”
- “If you don’t keep your hands to yourself, then you will go to Time Out.”
- “If you don’t speak nicely to other children, then you will have to leave the circle.”

Loss of privileges

- Being last for choice at center/choice time
- Losing 5 minutes from center/choice time
- Losing class job for the day

Time Out

- 3- to 5-minutes at a chair or table away from the ongoing class activities

Logical consequences – allow the child to experience the consequence that naturally results from the problem behavior

- If a child doesn’t complete her work in the morning, she does not get time to work on the computer before lunch.
- If a child rips up his classmate’s coloring book, he has to give his unripped book to the classmate.

**For more information about the Harris Obesity Prevention Effort (HOPE),
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