**This week I might try:**

***To accept consequences***

**I’ll try to remember that there are ways to accept consequences that can help me take responsibility for my actions.**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **If I get a consequence for a mistake I made, I can try to:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **1. Look at the person** |  |  |  |  |  |
| **2. Say “okay”** |  |  |  |  |  |
| **3. Stay calm** |  |  |  |  |  |
| **4. Don’t argue** |  |  |  |  |  |

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