



SELF-CONTROL CONTRACT



1

▶ CHILD EXPECTATIONS

- I agree to take a break or time out from a situation when I am angry or upset.
- I agree to not hurt others with my hands, words, or actions.
- I agree to not touch or take others things without asking first.
- I agree to not interrupt others when they are talking. I will wait my turn.
- I agree to use an inside voice when I am inside.
- I agree to respect others' privacy.
- I agree to ask calmly for something I need or want.
- I agree to think about my choices before I respond to my caregiver(s), siblings, teachers, or friends.
- I agree to think about my actions and apologize for my behavior quickly after I get upset.
- I agree to think about how I can control my feelings better for the next time I get angry or upset.

2

▶ CONSEQUENCES

If I **break** this contract, I will receive the following consequence(s):

If I **follow** this contract, I will receive the following reward(s):

3

▶ SIGNATURE

Child: _____ Date: _____

Caregiver: _____ Date: _____