

Self-Control Contract

The following are some examples of child expectations for self-control. Select those that apply to your individual child.

CHILD EXPECTATIONS:

1. I agree to take a break or time out from a situation when I am feeling angry or upset.
2. I agree to not hurt others with my hands, words, or actions when I am angry or upset.
3. I agree to not interrupt others when they are talking and wait my turn.
4. I agree to use an inside voice when around other's in the home.
5. I agree to respect the property and privacy of others.
6. I agree to ask calmly for what I need.
7. I agree to think about my choices and take a moment before I respond to my parents, siblings, teachers, or friends.
8. I agree to THINK about my actions and apologize for my behavior.
9. I agree to THINK about how my body feels when I am angry or upset to help me know what I am feeling.

PARENT EXPECTATIONS:

1. I agree to support y child in understanding his/her feelings.
2. I agree to support my child in controlling his/her emotions and reactions.
3. I agree to remain calm and model appropriate self-control behavior for my child.

If I violate this contract, then I will receive the following consequence(s): _____

If I follow this contract then I will receive the following reward(s): _____



Teen Signature: _____ Date: _____

Parent Signature: _____ Date: _____



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