Emotional Management K4–K5

**Topic:** Accepting Consequences

**Learning Intentions:** We will be able to:

1. Admit to ourselves that we were wrong
2. Say to ourselves, “I have to accept the consequences. It is the responsible thing to do.”
3. Say to other person, “Yes, I did \_\_\_\_” (describe what was done).
4. Say something else:
   1. How this will be avoided next time
   2. Apology

**Success Criteria:** We know we’re successful when we can say to ourselves that we did something wrong, tell ourselves, “I have to accept the consequences. It is the responsible thing to do,” say to the person, “Yes, I did \_\_\_\_,” and say something else—an apology or how we’re going to do something different next time.

**Materials for Activity:** Memory card game printables (see Memory Game Cards online; print and cut out cards prior to session)

**Standard Circle Setup:**

* Chairs in a circle
* Center piece
* 2–3 talking pieces (to allow selection)
* Shared agreements (refer to your school PBIS expectations)

**Teaching Procedure:**

* Welcome and names
* Reminder: shared agreements (refer to your school PBIS expectations)
* Begin with a mindful practice (see “Menu of Mindful Practices”).
* Review previous lesson topic:
  + Have students share an example of previously learned skill.
* Identify topic: ACCEPTING CONSEQUENCES

**Today we are going to learn a really important people skill. It’s called accepting consequences.**

* Opening circle question/prompt: **Finish this sentence: When I get in trouble at school, one of my consequences is . . .**
* Explain need for skill (connect with PBIS when appropriate):
  + **Being able to say, “I was wrong” and accepting the consequence is a really important skill to learn. Saying that we made a poor choice and then trying to make it better by accepting the consequence shows that we are growing up and learning to be responsible. It also helps us learn to make better choices next time.**
* Teach learning intentions:
  + **Say to yourself, “I did something wrong.”** Discuss that it is OK to be wrong: **Everyone makes mistakes and bad choices sometimes—it’s one of the ways we learn. When you say that you were wrong, you are showing that you are growing up and learning to be responsible.**
  + **Say to yourself, “I have to accept the consequences. It is the responsible thing to do.”**
  + **Say to the person, “Yes, I did \_\_\_\_\_\_” (describe what you did). It is responsible to say what you did wrong using simple words. Do not blame other people. If it was an accident, say it was an accident.**
  + **Say something else:**
    - **Tell how you will make a better choice next time.** Point out that this should be said in a friendly manner.
    - **Apologize.** Emphasize sincerity and have the student use the following format, **“I am sorry for \_\_\_\_\_.”**
  + **Success Criteria:** **We know we’re successful when we can say that we did something wrong, tell ourselves, “I have to accept the consequences. It is the responsible thing to do,” say to the person, “Yes, I did \_\_\_\_,” and say something else—an apology or how we’re going to avoid this next time.**

1. Model examples and non-examples of accepting consequences:
   1. Have a student pretend to be the teacher and tell you to move your seat away from your friend because you keep talking to him. You (as the student) say, **“Why? I didn’t do anything! He was talking to me!”**
   2. Ask the students: **Did I admit that I was wrong? Was I being responsible?**
   3. Repeat the model from above (a.) but this time, say, **“Yes, I was talking. I have to accept the consequences. I will move my seat. I am proud of myself for being responsible and accepting the consequences.”**
   4. Ask the students: **Did I admit being wrong? Is it OK to be wrong? What step did I forget?** (apologizing)
2. Provide students with examples and non-examples of accepting consequences, such as:
   1. **A student gets up from her seat without asking permission. The teacher tells her to sit down. The student says, “I’m sorry that I got out of my seat without permission. I’ll raise my hand next time.”**
   2. Ask the students: **What was the consequence for this student? Did she accept it?**
   3. **A student tells the teacher that she will not do her writing assignment. The teacher makes a phone call to the student’s parent. The student starts whining and saying, “It’s not fair! I didn’t do anything.”**
   4. Ask the students: **What was the consequence for this student? Did she accept it?**
3. Practice/Role Play 3x: Have each student describe a situation in which they might want to use this skill. Role play these situations. (For a detailed model of how to use role play and give feedback, see *Skillstreaming*.)

**Activity to Practice Skill:**

Play the Memory Card Game. Cut up the online memory card game cards. Have each of the students take several turns at the memory card game. If the student is unable to make a match, have the student practice by saying, “I tried to make a match but did not. I will be patient and wait for my next turn to try.”

**Closing Circle Questions: When will you practice accepting consequences this week?**