

HOUSEHOLD RULES EXERCISE

Think of appropriate consequences and positive names for these rules

Name	Rule	Example of Consequence
	No hitting	
	No shouting	
	No teasing	
	Screen time limit 2 hours	
	Bedtime is at 8pm	
	Seatbelts must always be worn in the car	
	Helmets must be worn when riding bikes	
	Dinner time is at 6pm	
	Keep your phone with you on loud and fully charged when you go out	
	Knock before you enter a bedroom	

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Examples of Named Rules, and consequences

Name	Rule	Example of Consequence
Gentleness rule	No hitting	Time out
Indoor voice rule	No shouting	Time out
Kindness rule	No teasing	Time out
Screen time rule	Screen time limit 2 hours	No screens for 24 hrs
Bedtime rule	Bedtime is at 8pm	Go to bed earlier tomorrow
Seatbelt rule	Seatbelts must always be worn in the car	Turn around and go home, or don't go on journey to next place they wanted to go to, or they can walk next time
Helmet rule	Helmets must be worn when riding bikes	No bike for 24 hours
Dinnertime rule	Dinner time is at 6pm	Be home for dinner half an hour earlier next time
Home time rule	Latest time you come home is 9pm	Come in half an hour earlier if half an hour late or not go out the next day
Mobile phone rule	Keep your phone with you on loud and fully charged when you go out	Lose your mobile phone for 24 hours
Property rule	Ask before you use something belonging to others	Give the item back. Unable to use other people's things for 24 hours
Privacy rule	Knock before you enter a bedroom	Unable to go in to that person's room for 24 hours

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