

## Stand and Think

1) Child does something you are not happy about.

2) Ask them to stand and think.

"Stand here until you are ready to talk about what you did." (There is no time limit — it can be seconds or minutes)

3) When they are ready ask them "What did you do that meant you had to stand and think?" If they can't tell you, remind them.

4) "Why is that not okay?" (you may need to help — keep it simple: "Sarah got hurt")

5) "What could you have done instead?"

6) "What can you do to make it better?"

7) "Go do that now."

If they say they want to apologise then help them learn how.

Wait till the affected person is calm, then prompt the child with "I'm sorry I.....because.....and...."