

Accepting Criticism or a Consequence

Suggested Role-Plays

- 1.** Your teacher calls you to his desk to talk about the assignment you turned in. He tells you that your handwriting is so poor, he cannot read what you wrote. He also tells you that you skipped one of the questions. Show how to accept his criticisms by following the steps of the skill.
- 2.** You shout at a friend who is walking in the hallway. A teacher stops you and tells you to lower your voice. Look at the teacher, say “Okay” and stay calm.
- 3.** After making your bed, your mom walks in and says the covers are too wrinkled and the sides are uneven. Show or describe how you would accept her criticisms.
- 4.** Your parents ask you to clean the garage while they go to the store. Instead, you watch television. When they come home and see you have not done anything, they take away your allowance for a week. Following the steps of the skill, show how you would accept the consequence.
- 5.** During a basketball game, you turn the ball over on back-to-back possessions. After the second turnover, your coach calls a timeout and screams at you to get your head in the game. Show how you would accept his criticism appropriately.
- 6.** You have a new job at a fast food restaurant where several of your friends work. One evening, your boss catches you goofing off and making inappropriate comments to co-workers. Your boss ushers you into the office, tells you that your behavior is unprofessional and sends you home early. Describe how you would accept the criticism and the consequence appropriately.

Accepting Criticism or a Consequence Think Sheet

Name _____ Date _____

List other words that mean the same thing as “criticism”:

What are some reasons why you should learn how to accept criticism or a consequence?

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During the school day, when or where is it hardest for you to accept criticism? Explain.

What can you say or do to keep your cool when you get criticism from a teacher or parent?

How can the skill of **Accepting Criticism or a Consequence** help you at school?

How can the skill of **Accepting Criticism or a Consequence** help you at home?

Accepting Criticism or a Consequence

1. Look at the person.

2. Say “Okay.”

3. Stay calm.