

# Traffic Lights Home Behaviour Management Strategy: Worksheet Pack

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Use this pack alongside my article:  
Child Behaviour Problems and  
Solutions





# Instructions

The Traffic Lights technique gives your family a simple, shared framework for behaviour at home. Instead of making decisions on the spot in stressful moments, you agree the rules in advance, together. This makes things calmer and fairer for everyone.

## **Step 1: Choose your behaviours**

As a family, decide which behaviours belong under each colour. Keep each list to no more than three behaviours.

**Red** is for behaviours that are unacceptable or unsafe, such as hitting, verbal abuse, or deliberately damaging property. These cannot be ignored.

**Amber** is for behaviours you dislike but are willing to overlook for now, such as swearing or being silly to get a reaction. Choosing to ignore these frees up your energy for what really matters.

**Green** is for behaviours you want to encourage and reward, such as accepting "no" first time, helping a sibling, or completing a task without being asked.

## **Step 2: Agree the consequences in advance**

For each red behaviour, agree a consequence before it happens. Consequences should be calm, proportionate, and focused on making amends and learning rather than punishment. See the family examples in this pack for ideas.

## **Step 3: Display it somewhere visible**

Write up your family's traffic lights and put it somewhere everyone can see it. This keeps everyone accountable, including the adults.

## **Step 4: Be consistent**

The system only works if everyone sticks to it. Give it at least four weeks before deciding whether it's working, and remember that things sometimes get slightly harder before they get easier.

# The Traffic Lights Technique



Behaviours which are **unacceptable or dangerous** such as verbal abuse, kicking or hitting.

Behaviours which you do not like but you are willing to **ignore**, like being silly for attention or using bad language.

Behaviours which you would like to **encourage** and you are going to reward, such as accepting "no" first time.



# Example: The Stanton Family



**Personal insults, taking someone's property without asking.**

**Consequence for personal insults or taking property: Apologise, do a good deed for that person.**

**"One-upmanship": always trying to outdo the others and claiming to be "better".**

**Helping Molly with her homework.**

**Paying a compliment to others.**



# Example: The Watson Family



**Punching Dad, throwing other people's things and damaging them.**

**Consequence for punching: Adam must apologise and give 30 mins extra help with chores.**

**Swearing, mimicking others.**

**Responding first time when asked to do a task.**

**Small acts of kindness e.g. make someone a hot drink.**



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Your Family's Name



**Red Behaviours & Consequences**

**Amber Behaviours**

**Green Behaviours**