



PBIS AT HOME



PBIS stands for Positive Behavior Interventions and Supports. PBIS is used across the US and internationally as a framework to help schools organize how they want their school community to be.

We can apply something similar at home. PBIS provides structure and routines, and if your child(ren) is attending a school that uses the PBIS framework then they may already be familiar with it. It can help us develop routines for learning from home.

We start with identifying 3-5 positively stated expectations. This guide includes the 4 expectations used in our school. Feel free to use them or make up expectations that work better for your family. These expectations help us set boundaries and routines, and can apply to everything from doing schoolwork, to being online, at the dinner table, or even getting ready for bed!

As parents or guardians, you are in a unique position - suddenly you are teachers, who might also be working from home, trying to manage chaos during an incredibly stressful situation. Hopefully this guide will offer some tips to help calm that chaos and keep everyone happy and safe.

*K*udos to you, parents
and guardians, and all
you are managing to
do!





OUR SCHOOL-WIDE EXPECTATIONS AT HOME



Wolf PACK ZOOM Expectations

Personal Responsibility	Achievement	Community	Kindness
<ul style="list-style-type: none">• Be on time• Find quiet spot in your home to work• Bring needed materials 	<ul style="list-style-type: none">• Complete all your work• Ask and answer questions• It's ok to ask for help 	<ul style="list-style-type: none">• Your Zoom display name should be your real name• Mute your microphone if not speaking• Wear school appropriate clothing 	<ul style="list-style-type: none">• Focus on the speaker "Raise hand" button if you want to speak• Use kind language 



HOUSE EXPECTATIONS



	At Home	At mealtime	Recreation
P Personal Responsibility	<p>Do your chores</p> <p>Keep your personal area clean</p>	<p>Eat your food</p> <p>Help family prepare/clean up meals</p>	<p>Following rules</p> <p>Clean up after yourself</p>
A Achievement	<p>Celebrate positive outcomes</p> <p>Be motivated to do your best</p>	<p>Be open minded to try new things</p> <p>Compliment the chef</p>	<p>Maintain social distancing</p> <p>Try to do new activities</p>
C Community	<p>Interact with your family/friends</p> <p>Log onto Zoom meetings</p>	<p>Eat as a family or with siblings</p> <p>Engage in conversations</p>	<p>Ask others to play with you</p> <p>Take turns when sharing items</p>
K Kindness	<p>Use kind language to others</p> <p>Use your manners</p>	<p>Show proper mealtime manners</p> <p>Share the meal items</p>	<p>Show positive body language</p> <p>Encourage others to try their best</p>

Use these examples or make up expectations that work for your family!



PLANNING ROUTINES FOR THE WEEK



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Think about everything that needs to be scheduled Monday through Friday -

1. What time are classes?
2. When will breaks from academics be scheduled?
3. Are there online meeting commitments?
4. A computer/tablet that is being shared?
5. What about the work schedule of the parents?



RESTORATIVE PRACTICES



Questions to ask to resolve conflicts

For those who show challenging behaviors:

- What happened?
- What were you thinking at the time?
- What have you thought about since it happened?
- Who has been affected by your actions? In what way?
- What do you need to do to make it right?

For those who were affected:

- What did you think when you realized what happened?
- How has this incident impacted you and others?
- What's been the hardest thing for you?
- What do you think needs to happen to make things right?


























A QUICK GUIDE TO EMOTIONS AND CALMING TOOLS



We say that all behaviors are communication and we just need to figure out what it's saying. This chart can help you learn about feelings and what we can do to manage those feelings. Not all calming tools work for everyone - sometimes we have to try a few things and find the right one.

And we all could be feeling some big feelings right now.

I FEEL...	I CAN...
 lonely disappointed sad	TAKE DEEP  BREATHS
 silly excited hyper	TREAT MYSELF & OTHERS WITH  KINDNESS
 frustrated annoyed angry	CREATE ART  OR BUILD  SOMETHING.
 tired sick hungry	USE POSITIVE  SELF-TALK
 worried anxious scared	 ASK FOR HELP
 happy calm focused	 EXERCISE
 shy confused embarrassed	FOCUS  ON THE GOOD
 brave proud hopeful	STRETCH OR  DO YOGA
	BRAINSTORM  SOLUTIONS &  TRY AGAIN
	GET A DRINK OF  WATER
	 TAKE A BREAK
	TALK  OR WRITE  ABOUT IT

WHOLEhearted
SCHOOL COUNSELING



REWARDS BASED ON THE 5 LOVE LANGUAGES



In the PBIS framework, rewards are used to reinforce new behaviors, and until those behaviors become part of everyday use. The work of Gary Chapman and his book *The Five Love Languages*, tells us that everyone has an area of rewards unique to them. For example, if trinkets are given to someone who prefers an act of service as a reward, it won't be much of a reward. Finding the right love language for members of your household can improve family relationships and the overall happiness in your home.

You can start with this chart to determine the love languages in your house:

Quality Time

- *spend 1:1 time with your child(ren)
- *doing an activity your child prefers
- *be present in the moments with your child
 - *be attentive
- *communication with interest

Wording of Affirmation

- *saying "I love you" to your child
- *use words that praise, and encourage trying again
 - *write notes
- *tell what you like about them

Physical Touch

- *give hugs and high 5s
- *make up silly handshakes
 - *snuggle up often
- *organize group hugs
- *sit on the floor together

Receiving Gifts

- *Use charts and fun stickers
- *Give small trinkets and tokens of affection
 - *Make a favorite meal
- *Give a special photo

Acts of Service

- *Straighten up their room or learning area
- *Sit together while they do home work
 - *Do a least favorite chores for them
- *Tuck them into bed and read a favorite story