

# PBIS AT HOME

## POSITIVE BEHAVIOR INTERVENTIONS AND SUPPORT

First District Regional Educational Service Agency  
Safe, Healthy and Supportive Schools Program

Serving: *Appling, Bryan, Bulloch, Camden, Candler, Effingham, Evans, Glynn, Jeff Davis, Liberty, Long, McIntosh, Screven, Tattnall, Toombs, Vidalia City & Wayne*

### HOME PBIS MATRIX





We know that your children are at home or with other family members during this time of school closings. School systems are trying their best to continue providing educational support for your children.

Your school district is a PBIS ~ Positive Behavior Intervention and Support school system. We thought this activity booklet will help connect home to PBIS. Your child is already familiar with their school's expectations for behavior.

School-wide Positive Behavior Interventions and Supports (SW-PBIS) is one strategy that some schools use to teach appropriate social behavior and skills. Research has shown that this approach also improves school climate and learning. SW-PBIS is based on the idea that schools: Define core social expectations (e.g., be safe, respectful, and responsible). As parents or care givers, we can have a PBIS Home Matrix to help guide our children's behavior expectations at home, similar to the schools matrix. Below is a sample that might help out during this time of school closings. Naturally you can develop one that you feel is more appropriate for your expectations and rules.



Developing a PBIS Home Plan can help you teach appropriate behaviors and social skills. Start by identifying your family's core expectations. For example, your family's core social expectations may include: be respectful, responsible, and helpful. If your child's school is using the PBIS strategy, you may want to use the core expectations the school has identified. Decide how to model and acknowledge your home expectations.

EXPECTATION	SCHOOL WORK	KITCHEN	BATHROOM	FAMILY TIME	ME TIME
					
<b>Be Respectful</b>	While learning remotely follow school rules	Clean up after myself	Pick up my things Hang up my towel	Treat others like you would like to be treated.  Listen to adults	Take care of yourself– play outside
<b>Be Responsible</b>	Do school work that teachers assign  Do personal best	Dishes to sink	Flush  Wash hands with soap for 20 seconds	Limit electronics  Use appropriate language	Limit screen time  Drink water
<b>Be Safe</b>	Do own work	Use only kitchen tools my parents allow me to use	Wipe up spilled water	Tell an adult if there is a problem	Stay inside home or yard  Ask questions

## When Children Meet Your Behavior Expectations

As parents, we seem to automatically tell our children when they are doing something that does not meet our expectations. It is important to recognize our children when they do meet our behavior expectations. When we recognize good behavior in real time, it increases the likelihood that behavior will continue. Once we have taught our children what the expectations and rules are, we need to acknowledge them when they exhibit good behavior and follow the rules. It is always a good idea to provide verbal praise. *For example: "Great Job for cleaning up the kitchen, that was being responsible!" ~ "Thank you for waiting your turn that was respectful." ~ "You showed respect by following the rules about electronics."*

### Young Children Ideas

Earn 5 extra minutes of going to bed late or getting up later.

Get to choose the game for family game night.

Get to decorate paper placements for the kitchen table for dinner that night.

Have a Mystery Grab Bag- filled with little prizes they can draw from for good behavior.

Play Hide and Seek in the dark with flashlights.

Have a scavenger hunt. If they can read, write clues on paper.

### Teenager Ideas

Earn extra screen time or video game time.

Choose Favorite Dessert.

Write a positive note to them.

## CATCHING KIDS BEING GOOD



You Were Caught **Red Handed**  
Exhibiting Excellent Behavior!!!

Way to Go

Go To: <http://behaviordoctor.org/material-download/>

To Download a Free Certificate

**"Catching Kids Being Good is Good For Kids"**

## HANDSHING IS IMPORTANT



### Everything You Need to Know

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.

- **Wet your hands with clean, running water (warm or cold) turn off tap, and apply soap.**
- **Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.**
- **Continue scrubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.**
- **Rinse your hands well under running water.**
- **Dry your hands using a clean towel or air dry them.**

*Remember: If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label. Read the label to learn the correct amount you should use. Rub your hands together. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.*

## PBIS WORD SEARCH FOR CHILDREN

E Y G Q X F T M K Y A N B E T  
O L K I W X Z U F P W P V S U  
O J B G N K P F F M S I A Y R  
X W E I E V Z X O I T F E P N  
D N I K S W O L U C E A L G S  
P U X E A N Q L U Q U I U S X  
U E W L D T O D V N B S F H M  
A I F W Y X O P V E I X T D V  
I Y D T Z R A A S C D H C N R  
Y M V Y P S E X C E L L E N T

### Word Bank

SAFE, RESPECTFUL, EXCELLENT, PRODUCTIVE,  
RESPONSIBLE, TAKE TURNS, KIND, AND INVOLVED

## STUDENTS SHOW US PBIS AT YOUR HOUSE SHARE A PICTURE

We want to see how you are meeting your school's behavior expectations (PBIS) at your house. For example: send us a picture showing us how you are being RESPECTFUL, RESPONSIBLE, OR SAFE. Maybe your school uses PRIDE or the Blue Tide Way as showing PBIS Behavior Expectations.

Using a Google Account you can go to the website below (GOOGLE FORM) to upload your PBIS picture. You will need to complete a short form to upload your picture.



**GO TO: <https://bit.ly/3407pWB>**

Selected pictures will be posted on the First District RESA Safe, Healthy and Supportive Schools Program Website. Student names will not be posted on the site. Please make sure your parents/caregivers give their OK for sending the picture.

First District RESA: <https://fdresa.wixsite.com/shss>

## SELF-CARE IDEAS FOR PARENTS



It's important for parents and caregivers to take care of themselves. We can model ways to reduce stress and take care of our mental health.

1. Journal for 20 minutes. Write in a free-flowing stream-of-consciousness style. Notice feelings that are just under the surface.
2. Turn on uplifting music - maybe a song with a strong message you need to hear, some rock and roll song you loved in high school, African drumming, flute music, or a catchy pop single.
3. Write and send a sweet card to someone - a birthday card, a "thinking of you" card, a "get well" card, a "congratulations" card, or a "no-reason" card.
4. Make yourself a nice drink like chamomile tea, hot chocolate, or juice - and sip it slowly.
5. Color a picture from a coloring book.
6. Go on a social media kindness spree - use 20 minutes to post nice comments on people's social media or through messenger.
7. On a single piece of paper, write down 3 things that are weighing on you, stressing you, or bothering you; put a dash after each one with a single action-step that may help relieve it.
8. Call a friend or loved one - say, "I'm having a hard time with this. Do you mind if I talk this out with you?"
9. Go for a walk (preferably in the woods or near water). Don't forget social distancing—at least 6 feet a part.

*These ideas have been excerpted from the book *Joy Fixes for Weary Parents*, by Erin Leyba, PhD . From an article in *Psychology Today*.*

### The Coronavirus

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

**Everyone reacts differently to stressful situations.** How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

Visit the CDC Site listed below for information on Handling Stress and Anxiety:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>