

Building Positive Relationships Using 4:1 Ratio

Simply put, the 4: 1 ratio practice states that people need to receive at least four positive inputs on their behavior for every one negative input, if they're going to respond to the positive and give "maximal effort."

Examples:

<ul style="list-style-type: none">• "I feel proud when you helped me lead the class on a fire drill." (Safe)
<ul style="list-style-type: none">• "I am impressed by your perfect record of turning in all homework assignments." (Responsible)
<ul style="list-style-type: none">• "When you welcome me by name each morning, it makes me feel optimistic." (Respectful)
<ul style="list-style-type: none">• "When my substitute leaves a note that you helped them, I feel honored." (Safe)
<ul style="list-style-type: none">• "I feel proud when you contribute to group discussions." (Responsible)
<ul style="list-style-type: none">• "When you offer to pick up papers for your classmates and turn them in to me, I am impressed." (Respectful)

Barriers:

<p>Too much effort</p> <p>The 4 -to-1 Ratio can be tough to use consistently at first. Just as teachers do not expect students to be perfect at any new concept, the 4-to-1 Ratio is not something that can be perfected in one day. However, the concept behind the 4-to-1 is to bring focus to increasing positive interactions.</p>	<p>Difficult students</p> <p>A good way to consider these students is to think of the most basic action to start with and build from there. For example, did the student come to class? "It's great to see you here today!" Did they make eye contact during the lesson? "I like that you're engaged in the lesson!" It is not impossible to implement the 4-to-1 with these students, it just takes starting at the most basic and shaping behavior from there.</p>
---	---