



Positive Behavioral Interventions and Supports for Families

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What is Positive Behavior Interventions and Supports (PBIS) ?

- Positive Proactive approach to behavior
- Clear expectations, positive reward system, consistent corrections that are based on expectations, data-based decisions
- Consistency



Establish Routines – Keep it Consistent

Example Daily Routine	
Get Ready to Learn	Wake up and get ready for the day (eat breakfast)
Morning Check-In	Review the days events and expectations; How are you doing? Do you have any questions?
Morning Movement	Maybe a walk outside, some light yoga, Go Noodle, etc...
Structured Learning	Have times for academic tasks like reading, math, writing, etc...
Lunch Check-In	Eat healthy lunch, review afternoon schedule & expectations. Check in (How are you doing? Do you have any questions?)
Afternoon Learning Activities	Fun learning activities like virtual field trip, art, math or science project, etc...
Afternoon Movement	Maybe another walk, 'dance party', or other movement activity
Social Connection	Video Chat, text, or some other way to connect with family and friends.
Evening Family Time and Bedtime	Stay consistent with normal routines and connection times.



Behavior Expectations



Cougar Character Matrix of Expectations



Expectation	ARRIVAL	WALKING IN LINE	BATHROOM	LUNCH	PLAYGROUND
We are Respectful	☐ Keep hands and feet to yourself	☐ SILENT feet, hands and voices	☐ Keep feet on the floor at all times ☐ Keep hands and feet to yourself ☐ Wait your turn behind the line	☐ Listen to all adults ☐ Use inside voices ☐ Say "please" and "thank you" ☐ Stay seated until dismissed	☐ Wait your turn ☐ Listen to ALL adults ☐ Give friendly comments to ALL students
We are Responsible	☐ Keep backpacks next to you ☐ Stand/sit in your class line and read or walk the track	☐ Line up. ☐ Keep hands & feet to yourself ☐ Leave space between you and person in front of you ☐ Single line	☐ Use inside voices ☐ Put trash in garbage cans ☐ Flush the toilet	☐ Wait your turn in line ☐ Pick up trash around you—even if not yours ☐ Food stays on plate	☐ FREEZE/Hands on your knees at the bell ☐ Tell an adult if someone is hurt ☐ Pick up all equipment
We are Safe	☐ Listen to ALL adults ☐ Use inside voices	☐ Face forward ☐ Stay in line ☐ WALK on the right side	☐ Wash your hands with soap and water ☐ Water stays in the sink ☐ Dry hands	☐ Keep food off the floor ☐ Stay in line ☐ WALK!	☐ WALK to/from classroom to playground ☐ Play by the rules ☐ Keep hands/feet to yourself

Kellogg Elementary School 7-14-17



Lunch Tables Expectations



SAFE 	☐ Only visit with your class or if you have a pass ☐ Enter quietly ☐ Walk at all times
RESPECTFUL 	☐ Allow anyone to sit next to you ☐ Use calm voices ☐ Use table manners ☐ Have kind conversations ☐ Listen to and respect others (staff and fellow students)
RESPONSIBLE 	☐ Pick up trash around you, even if it is not yours ☐ Place trash in a trashcan ☐ Sit at assigned table ☐ Clean your table and wait to be excused
KIND 	☐ Invite new friends to sit with you ☐ Help Noon Duties and Custodian ☐ Choose kindness

Learn more at cvesd.org





Create Home Expectations

	Homework Time	Mealtime	Bedtime
Be Respectful	Keep background noise to a minimum when engaged in lesson	Be kind to family members during conversation	Put your dishes in the sink Be polite when reminded about bedtime
Be Responsible	Do your best work Turn in your homework when it is due	Wash your hands before helping with meal preparation and/or eating	Go to bed on time
Be Safe	Keep open drink away from computer keyboard	Keep feet on the floor	Wash your hands before brushing your teeth



Teach, Remind, and Reward Expected Behaviors...

Positive, Positive, Positive!!!





I Am Respectful

Teach	Remind	Reward with Positive Feedback
• Describe what 'kind' language does(and does not) sound like in your home. • Demonstrate kind language and ask children to practice kind language with you.	• At the start of the day and each new activity where kind language is expected, remind kids to be kind. • For example, "Playing games together is fun, and let's remember to be kind with our words."	• When your child is kind, provide specific praise. • For example, "Thank you for being kind when your sibling was having a hard time."



I Am Responsible

Teach	Remind	Reward with Positive Feedback
• Describe what “doing your best” means in your home. • Discuss what this looks like (and does not look like) across the types of learning activities.	• At the start of the day and at the beginning of new or difficult activities, remind children to “do their best work.”	• When you see your child doing their best, provide specific praise. “It’s great to see you doing your best! I think you’ll be proud of your work!”



I Am Safe

Teach	Remind	Reward with Positive Feedback
• Describe and demonstrate how to wash hands (using various posters available from CDC). • To ensure your children wash their hands for 20-30 seconds, have them pick a portion of a favorite song to sing.	• Before meal preparation, before eating, after using the bathroom, or after touching their face, remind children to wash their hands.	• When you see your child washing their hands, provide specific praise. • For example, "Awesome handwashing! Thanks for keeping our family safe."



Correction

- Quickly correct the behavior: “That was not respectful”
- Re-state the expected behavior: “We speak kindly to each other to show respect”
- Provide an opportunity to practice positively: “Let’s try again, how would you show respect?”
- Provide positive feedback: “That was a very respectful and kind thing to say”



When we are correcting...



5-1 ratio of positive interactions to negative interactions



More reminders than corrections



Teach alternate behaviors to drive down undesired behaviors



How do we get there?

1

Decide and develop expectations

2

Have a family meeting

3

Use positive reinforcement (reward system) for appropriate (expected) behaviors

4

Use agreed upon consequences for violations of expectations



Thank you!