

PBIS at Home Mustang PRIDE



Horse Heaven Hills Middle School
Kennewick School District



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 PBIS framework then they may already be familiar with it. It can help us develop routines for learning from home.

We start by identifying 3-5 positively stated expectations. This guide includes the 5 expectations that we use 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.

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



School Wide Expectations at Home



Prepared

Respectful

Independent

Dedicated

Empathetic



School Wide Expectations at Home



At school we are prepared, respectful, independent, dedicated and empathetic! We can be that way at home too. As a family write down one or two things you can do at home.

I can be Prepared at home...

- When doing my school work....
- When eating with my family...
- When asked to do chores...
- When doing my bedtime routine...

I can be Respectful at home...

- When doing my school work....
- When eating with my family...
- When asked to do chores...
- When doing my bedtime routine...

I can be Independent at home...

- When doing my school work....
- When eating with my family...
- When asked to do chores...
- When doing my bedtime routine...

I can be Dedicated at home...

- When doing my school work....
- When eating with my family...
- When asked to do chores...
- When doing my bedtime routine...

I can be Empathetic at home...

- When doing my school work....
- When eating with my family...
- When asked to do chores...
- When doing my bedtime routine...



House Expectations



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

PRIDE	Expectation
Prepared	<ul style="list-style-type: none">● I will THINK before typing (is it True, Helpful, Inspiring, Necessary, or Kind)● I will follow my device contract● I will listen to and follow the directions of the adults at home
Respectful	<ul style="list-style-type: none">● I will keep a daily routine (get dressed, eat breakfast, brush your teeth, etc.)● I will complete and turn in assignments on time
Independent	<ul style="list-style-type: none">● I will communicate with my teachers regularly● I will do my work as best I can● I will choose a distraction free workspace
Dedicated	<ul style="list-style-type: none">● I will reflect or correct my work based on feedback from my teachers will● I will be present and avoid multitasking while working● I will create a weekly schedule to plan out my assignment and video chats
Empathetic	<ul style="list-style-type: none">● I will seek out help when I need it● I will encourage my friends to participate fully in online learning● I will not make fun of anyone



Expectations for Online Classes



PRIDE	Expectation
Prepared	<ul style="list-style-type: none">● Be on time for meetings● Have my materials ready● Ask others in my house to be quiet during the meeting
Respectful	<ul style="list-style-type: none">● Wait until its my turn to speak and use positive words● Use eye contact by looking at the camera
Independent	<ul style="list-style-type: none">● Keep the meeting login and password information in a safe place - it should not be shared with anyone● Place my chromebook on a sturdy table top
Dedicated	<ul style="list-style-type: none">● Pay attention to the conversation and stick to the topic● Don't share my personal information
Empathetic	<ul style="list-style-type: none">● Be patient if other people have trouble with the technology● Respond to questions or comments from the teacher● Report to the teacher if someone is being rude or unkind



Planning Routines for the Week



<p><u>Monday</u></p>	<p><u>Tuesday</u></p>
<p><u>Wednesday</u></p>	<p><u>Thursday</u></p>
<p><u>Friday</u></p>	<p>Think about everything that needs to be scheduled Monday through Friday</p> <ol style="list-style-type: none">1. What time are classes?2. When will breaks from academics be scheduled?3. Are there online meeting commitments?4. What about the work schedule of my family?5. What do I need to do to help my family?



My To-Do Check List



Name _____ Date _____

Daily Task	M	T	W	Th	F	Sa	Su



Restorative Practices



Gather all parties involved together in a circle facing each other. Have a talking piece (can be a pencil or anything you have around) and make sure that you only talk when you have the piece in your hand. Listen openly to each other and continue until you solve the problem.

Questions to ask to resolve conflicts

For those who show challenging behaviors:

1. What happened?
2. What were you thinking at the time?
3. Who has been affected by your actions? In what way?
4. What do you need to do to make it right?

For those who were affected:

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




























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. We all could be feeling some big feelings right now.

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

WHOLEHEARTED SCHOOL COUNSELING

Used with permission from the Wholehearted Counselor. You can download a free poster at <http://bit.ly/FeelingsCheckInPoster>



Rewards Based on the Five 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

- Share stories
- Talk about feelings
- Do errands together
- Share chores
- Take a walk together



Words of Affirmation

- Say "I love you"
- 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 homework
- Do a least favorite chore for them
- Tuck them into bed and read a favorite story
- Help them with a special project





Zoom Expectations



Be on Time

Wake Up Early
Log on a Few
Minutes
before
class.



Be in a Quiet Place

Find a Quiet Place
and Check your
surroundings



Be Prepared

Device Charged
Camera On
Use Headphones



Presentation

Wear appropriate
clothing.
Be in
view of
the
Camera.



Mute Yourself

Mute yourself when
others are
talking.



Participation

Be focused,
attentive,
and an active
participant.



Chat Responsibly

Raise your hand to
speak.
Type
questions
in the
chat.



Communication

Speak clearly.
Look up when
speaking.
Stay on topic.



Be Respectful

Be Kind and
Considerate.





Synchronous vs. Asynchronous Learning



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Synchronous Learning Activities



Build Community + Relationships



Lead Interactive Modeling Sessions



Differentiate Instruction for Small Groups



Personalize Instruction + Provide 1:1 Coaching



Guide Practice + Application



Facilitate Real-time Conversations



Foster Collaboration Among Students



Real-time Feedback on Work In Progress

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Asynchronous Learning Activities



Read + Take Notes



Watch Video-based Instruction



Listen to Podcasts



Explore Teacher-curated Resources



Engage in Online Discussions



Practice + Review



Research + Explore



Reflect + Document Learning


H3MS PBIS

for Remote Learning 2020-21

PRIDE	We are...	While on Zoom	During Class Meetings	Teacher-Led whole group instruction	One-on-One Instruction	Break out rooms
Prepared	Looking and acting like a learner	<ul style="list-style-type: none"> Wake up early and be on time Find a quiet place and check your surroundings Device charged and use headphones 	<ul style="list-style-type: none"> Be on time--wake up early, log on a few minutes before class Use equipment as intended 	<ul style="list-style-type: none"> Start charged or plugged in and ready to learn Have materials ready 	<ul style="list-style-type: none"> Whole body listening Answer questions out loud 	<ul style="list-style-type: none"> Be on time Answer questions out loud or as teacher directs
Respect	Showing Respect	<ul style="list-style-type: none"> Wear appropriate clothing Be in view of the camera Mute on 	<ul style="list-style-type: none"> Use kind words and faces Mute on Video on at all times 	<ul style="list-style-type: none"> Use kind words and faces Mute on Video on at all times 	<ul style="list-style-type: none"> Use kind words and faces Mute on Video on at all times 	<ul style="list-style-type: none"> Use kind words and faces Mute on Video on at all times
Independent	Making good decisions	<ul style="list-style-type: none"> Be focused, attentive and an active participant 	<ul style="list-style-type: none"> Choose a distraction free space Use chat as directed by teacher 	<ul style="list-style-type: none"> Choose a distraction free space Answer questions promptly in chat or when called on 	<ul style="list-style-type: none"> Try your best 	<ul style="list-style-type: none"> Encourage each other to stay on topic Be focused--avoid doing other things during this time
Dedicated	Solving Problems	<ul style="list-style-type: none"> Speak clearly Look up when speaking Stay on topic 	<ul style="list-style-type: none"> Raise your virtual hand ask questions (voice or chat) when have them 	<ul style="list-style-type: none"> Raise your virtual hand ask questions (voice or chat) when have them 	<ul style="list-style-type: none"> Ask questions out loud when you have them 	<ul style="list-style-type: none"> Ask questions out loud when you have them
Empathetic	Being a team player	<ul style="list-style-type: none"> Be kind and considerate 	<ul style="list-style-type: none"> Waiting for your turn to share or speak 	<ul style="list-style-type: none"> One speaker at a time; wait or use chat to respond when others are talking 	<ul style="list-style-type: none"> Be focused--avoid doing other things during the learning 	<ul style="list-style-type: none"> One speaker at a time; wait or use chat to respond when others are talking