
Positive Behavior Support

— April 19, 2017 —

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Welcome!

Please sit at a table that corresponds with
your child's grade level

Agenda

Introductions

Positive Behavior Supports

Zones of Regulation

Who is here tonight?

Parent of a . . .

Early learner student (EC-1st)

Elementary school student (2nd-5th)

Middle school student (6th-8th)

High school student (9th-12th)

Educator at . . .

Westbrook

Fairview

Lions Park

Lincoln

PEPS Meeting Expectations

EXPECTATION	PEPS MEETING
BE RESPECTFUL	<p>Please,</p> <ul style="list-style-type: none">◆ Attend to the “come back together” signal◆ Turn cell phones to “off” or to “vibrate”◆ During small group discussions, you are encouraged to share in a nonjudgmental, supportive and confidential environment◆ Wait for communications with others until activities, break times or write notes◆ Attend to speaker – avoid distractions
BE RESPONSIBLE	<p>Please,</p> <ul style="list-style-type: none">◆ Sign attendance sheet◆ Complete evaluation upon close◆ Actively participate
BE SAFE	<p>Please,</p> <ul style="list-style-type: none">◆ Take care of your own personal needs

Social Emotional Learning (SEL)



Social Thinking

Olweus

Zones of Regulation

Functional Behavioral Assessment (FBA)

Non-Violent Crisis Intervention (NVC)

Behavior Intervention Plan (BIP)

Positive Behavior Intervention & Supports (PBIS)

Why we teach behavioral expectations

“If a child doesn’t know how to read, ***we teach.***”

“If a child doesn’t know how to swim, ***we teach.***”

“If a child doesn’t know how to multiply, ***we teach.***”

“If a child doesn’t know how to drive, ***we teach.***”

“If a child doesn’t know how to behave, ***we...?***

...teach? ...punish?”

(Herner, 1998)

What are expectations

A list of 3-5 general, positively stated behaviors that:

- *are desired of everyone at home*
- *apply to everyone in all settings*
- *describe the general ways that everyone will behave*
- *are taught to everyone in the home*

Lincoln Middle School Behavior Matrix

	Bathroom	Bus	Cafeteria & Recess	Classroom	Hallway	School Activity
Be Safe	<p>Keep hands & feet to self</p> <p>Immediately report any unsafe condition</p> <p>Enter/exit in a calm and orderly manner</p> <p>No food, drink, or other likely allergens</p>	<p>Keep hands & feet to self</p> <p>Immediately report any unsafe condition</p> <p>Enter/exit in a calm and orderly manner</p> <p>Stand up only after the bus has stopped</p> <p>Face forward and keep the aisles clear</p>	<p>Keep hands & feet to self</p> <p>Immediately report any unsafe condition</p> <p>Arrive/leave in a calm and orderly manner</p>	<p>Keep hands & feet to self</p> <p>Immediately report any unsafe condition</p> <p>Arrive/leave in a calm and orderly manner</p> <p>Sit in chairs/desks properly</p> <p>No food, drink, or other likely allergens</p>	<p>Keep hands & feet to self</p> <p>Immediately report any unsafe condition</p> <p>Walk to the right & follow the up/down stairwells</p> <p>Keep hallways free from congestion</p> <p>No food, drink, or other likely allergens</p>	<p>Keep hands & feet to self</p> <p>Immediately report any unsafe condition</p> <p>Arrive/leave in a calm and orderly manner</p> <p>Be aware of your surroundings</p> <p>Stay with your group</p>
Be Respectful	<p>Use appropriate language and voice</p> <p>Respect the privacy of others</p>	<p>Use appropriate language and voice</p> <p>Be courteous of others and their belongings</p> <p>Be in compliance of the dress code</p> <p>Follow the directions of the bus driver</p>	<p>Use appropriate language and voice</p> <p>Be courteous of others and their belongings</p> <p>Be in compliance of the dress code & dress appropriately for outdoor recess</p> <p>Follow the directions of school staff</p>	<p>Use appropriate language and voice</p> <p>Be courteous of others and their belongings</p> <p>Be in compliance of the dress code</p> <p>Follow the directions of school staff</p>	<p>Use appropriate language and voice</p> <p>Be courteous of others and their belongings</p> <p>Be in compliance of the dress code</p> <p>Follow the directions of school staff</p>	<p>Use appropriate language and voice</p> <p>Be courteous of others and their belongings</p> <p>Be in compliance of the dress code</p> <p>Follow directions of school staff, site supervisor, or host</p>
Be Responsible	<p>Keep the bathroom clean</p> <p>Report any uncleanliness</p>	<p>Keep the bus clean</p> <p>Report any uncleanliness</p>	<p>Keep the cafeteria clean</p> <p>Report any uncleanliness</p>	<p>Keep the classroom clean</p> <p>Arrive on time & leave only with permission</p>	<p>Keep the hallways clean</p> <p>Report any uncleanliness</p>	<p>Keep the site clean</p> <p>Arrive on time</p>

Lions Park Elementary School

	Arrival & Dismissal	Bathroom	Hallway	Lunchroom	Recess (indoor and outdoor)	Bus	LRC	Classroom
<p>Be Responsible</p> <ul style="list-style-type: none"> ➤ Be on time ➤ Clean up ➤ Be prepared ➤ Follow directions ➤ Use equipment appropriately ➤ Be where you are supposed to be 	<ul style="list-style-type: none"> Σ Enter with 8:45 bell, via door duty supervisor Σ Be in classroom by 8:50 Σ Exit building with 3:20 bell 	<ul style="list-style-type: none"> Σ Ask permission to use the washroom. Σ Use the nearest bathroom. Σ Get in, get out 	<ul style="list-style-type: none"> Σ Keep hallways clean 	<ul style="list-style-type: none"> Σ Wait for a supervisor to let you sit down Σ Raise hand for assistance Σ Keep multipurpose room clean Σ Recycle Σ Get permission to leave lunchroom 	<ul style="list-style-type: none"> Σ Be responsible for recess materials. Σ Return to lineup upon bell or whistle. Σ Line up quietly in a single file line. 	<ul style="list-style-type: none"> Σ Follow the bus driver's or supervisor's directions Σ Wait on sidewalk Σ Communicate concerns with bus driver Σ Get into your bus line in a timely manner. 	<ul style="list-style-type: none"> -Treat materials with care -Return books/ materials on time -Use furniture with care 	<ul style="list-style-type: none"> -Arrive to the classroom on time (8:50 a.m.) -Be prepared by bringing materials -Keep your area clean, desk and floor
<p>Be Respectful</p> <ul style="list-style-type: none"> ➤ Dress appropriately for school ➤ No gum chewing ➤ Respect others, their ideas, their property ➤ Appropriate language and voice 	<ul style="list-style-type: none"> Σ Enter/exit building quietly Σ Keep hands/materials to yourself 	<ul style="list-style-type: none"> Σ Respect each other's privacy Σ Keep the bathroom clean Σ Please flush the toilet after use. Σ Use a quiet voice. 	<ul style="list-style-type: none"> Σ Hands to yourself Σ Use quiet voices Σ Keep your hands off of the walls, posters and artwork Σ When someone greets you, look at the person and greet them back Σ Be polite to all. 	<ul style="list-style-type: none"> Σ Follow directions from supervisors Σ Use appropriate language/indoor voice Σ Be courteous to others/lunchroom staff Σ Stay in your seat 	<ul style="list-style-type: none"> Σ Follow directions from supervisors Σ Use appropriate language Σ Take turns and share equipment 	<ul style="list-style-type: none"> Σ Keep the bus clean Σ Use kind words and inside voice Σ Keep hands and feet to self Σ Be respectful to fellow riders 	<ul style="list-style-type: none"> -Use computers appropriately -Use inside voices -Respect peers, teachers, and library staff 	<ul style="list-style-type: none"> -Eyes on speaker: listen -Participate in discussion: raise hand -Work well with others: share, take turns, help others -Use kind words -When someone greets you, look at the person and greet them back
<p>Be Safe</p> <ul style="list-style-type: none"> ➤ Conduct yourself in 	<ul style="list-style-type: none"> Σ Line up with your class. 	<ul style="list-style-type: none"> Σ Use appropriate bathroom behavior. 	<ul style="list-style-type: none"> Σ Walk on the right Σ Keep backpacks 	<ul style="list-style-type: none"> Σ Keep hands, feet and objects to yourself. 	<ul style="list-style-type: none"> Σ Play in the field, bus turn around, or playground only. Σ Dress 	<ul style="list-style-type: none"> Σ Follow the bus driver's directions. Σ Enter/exit in a 	<ul style="list-style-type: none"> -Use approved websites -Walk -Sit in chairs/ 	<ul style="list-style-type: none"> -Follow classroom expectations -Sit in your seat properly

Fairview School Expectations

	Arrival & Dismissal	Bus	Hallway	Classroom	Recess	Lunchroom	Bathroom	LRC	Assembly & Field Trip
Be Responsible	<ul style="list-style-type: none"> *Arrive on time (8:35-8:45) *Be in your classroom by 8:50 *Exit building at 3:20 	<ul style="list-style-type: none"> *Get to the bus stop on time *Listen to the bus driver *Report problems to the bus driver 	<ul style="list-style-type: none"> *Keep hallways clean *Keep moving 	<ul style="list-style-type: none"> *Be prepared and ready to work *Keep your area clean 	<ul style="list-style-type: none"> *Be responsible for recess materials *Line up quickly and quietly when recess ends 	<ul style="list-style-type: none"> *Clean up your area *Recycle *Raise your hand if you need help *Enter and exit lunchroom with permission 	<ul style="list-style-type: none"> *Get permission to use the bathroom *Use the closest bathroom *Get in, get out 	<ul style="list-style-type: none"> *Handle materials and furniture with care *Return books/materials on time 	<ul style="list-style-type: none"> *Follow the teacher or presenters directions *Use the bathroom before the assembly begins
Be Respectful	<ul style="list-style-type: none"> *Enter/exit building quietly *Keep hands/materials to yourself 	<ul style="list-style-type: none"> *Keep bus clean *Use kind words and inside voice *Keep hands and feet to yourself 	<ul style="list-style-type: none"> *Keep your hands to yourself *Walk quietly *Make eye contact and greet others 	<ul style="list-style-type: none"> *Listen and follow teacher's directions *Participate *Work well with others *Use kind words *Keep your hands to yourself 	<ul style="list-style-type: none"> *Listen and follow directions from supervisors *Use appropriate language *Take turns and share equipment 	<ul style="list-style-type: none"> *Listen and follow directions from supervisors *Use appropriate language/indoor voice *Line up and wait quietly to receive milk 	<ul style="list-style-type: none"> *Respect each other's privacy *Keep bathroom clean *Use a quiet voice 	<ul style="list-style-type: none"> *Use computers appropriately *Use quiet voices *Listen and follow directions 	<ul style="list-style-type: none"> *Sit flat on your bottom *Keep hands to yourself *Be a good listener *Raise hand before speaking
Be Safe	<ul style="list-style-type: none"> *Line up in a straight line with your class for arrival *Follow directions of supervisors *Walk to pick up area for dismissal 	<ul style="list-style-type: none"> *Enter and exit in a quiet line *Sit in your seat, face forward *Stand up only after bus has stopped *Keep aisles clear *No eating 	<ul style="list-style-type: none"> *Walk on the right facing forward *Keep belongings along wall *Keep doorways clear 	<ul style="list-style-type: none"> *Follow classroom expectations *Walk and sit properly *Follow emergency drills without talking 	<ul style="list-style-type: none"> *Walk to and play only in designated areas *Dress appropriately for weather *Report problems to supervisors *Do not speak to strangers 	<ul style="list-style-type: none"> *Keep hands/feet to self *Do not share food *Clean hands before eating *Walk lunch carts to/from lunchroom *Remain in your seat until dismissed 	<ul style="list-style-type: none"> *Wash hands *Report supply needs (toilet paper, soap) *Report water spills 	<ul style="list-style-type: none"> *Show digital citizenship *Walk and sit properly 	<ul style="list-style-type: none"> *Enter and exit in a quiet line *Stay with your group

Westbrook School Expectations



BE SAFE



BE KIND



BE READY

IN THE BATHROOM

Responsible

- *Get permission to use the bathroom
- *Use the closet bathroom
- *Get in, get out

Respectful

- *Respect each other's privacy
- *Keep bathroom clean
- *Use a quiet voice

Safe

- *Wash hands
- *Report supply needs (toilet paper, soap)
- *Report water spills

How can parents assist with school-wide PBIS?



PBIS at Home

Identify positive behavior support strategies to use at home

Develop predictable routines at home to support positive behavior

Practice acknowledgement of positive behaviors










Home Behavioral Expectations	Meal Time	Grocery Store
<u>Respect Self</u>	Eat slowly	Stay with parent at all times
<u>Respect Others</u>	Eat with mouth closed	Keep hands to self

Home Matrix Example



RESPECT:	Getting up in the morning	Getting to school	Home-work time	Meal time	Getting ready for bed
SELF	Shower, get dressed, brush teeth	Have your school materials ready	Bring all work home	Eat	Put on PJs, wash face, brush teeth
OTHERS	Only 10 minutes in the bathroom	Hands and feet to self while on the ride	Stay in your study space	Cell phones off	Say "goodnight"
LEARNING	Awake on time and ready to go	Arrive on time	Have materials ready	Try a bite	Read a book
ENVIRONMENT	Hang your towel up	Keep your materials organized	Clean up materials when done	Wash your plate	Get school bag ready for next day

Home Matrix - Bedtime

Expectation ➔	Be Responsible	Be Respectful	Be Safe
Behavior	<p>Put PJs on</p> 	<p>Use a Quiet Voice</p> 	<p>Pick up clothes and toys</p> 
Behavior	<p>Brush Teeth</p> 	<p>Be Quick</p> 	<p>Keep water in the sink</p> 
Behavior	<p>Read a Book</p> 	<p>Say Good night</p> 	<p>Stay in Bed</p> 

Developing your home matrix

Guidelines for developing rules based on home expectations:

- State positively
- Use common and few words
- Show what the behavior “looks like”

Home Matrix

Develop rules for a routine, location, or chore

Home Matrix

Fill in rules for a specific routine								

Teaching Behavioral Expectations

What does the behavior look like?

Why is it important to exhibit the desired behavior?

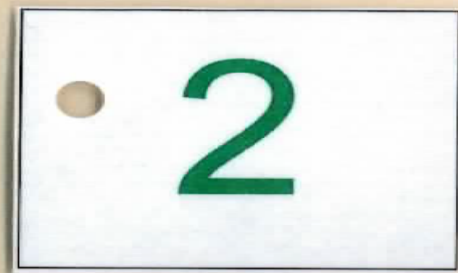
Give reasonable choices with consequences

Morning Chart

Bus: 8:17am



TASK STRIP



Acknowledging Positive Behavior

Make it specific:

- “Thank you for helping me clear the table”
- “You are so responsible by being ready for school”
- “You are so respectful by waiting quietly”

Home Reward Ideas

Cook favorite dinner

Extra Computer time

Get out of chores

Have a friend over

Eat dessert before dinner

Read an extra book at bedtime

Help cook dinner

Play a board game of choice

Pick an outdoor activity to do with someone special

Stay up late

TIME with...

Responding to Unexpected Behaviors

Revisit the explanation for which behaviors are inappropriate and why

Give reasonable choices with consequences

Be calm and consistent

THE ZONES OF REGULATION®



- Common framework / language
- Visual
- Explicit
- Can be modified



Blue zone (rest area) – Low state of alertness

- Your body and/or brain is running slow, sluggish
- Sad, tired, sick, bored

Green zone (go) – Regulated state of alertness

- Shows control, the zone needed for schoolwork
- Calm, happy, focused, content

Yellow zone (caution!) – Heightened state of alertness

- Shows some control; starting to lose some control
- Stress, frustration, anxiety, excitement, silliness, nervousness, confusion
- Also wiggly, squirmy, sensory seeking

Red zone (STOP) – Extremely heightened state of alertness

- Intense feelings; Not being in control of one's body
- Anger, rage, explosive behavior, panic terror, elation

Highlights



- Zones are ***Non-Judgmental***
- There is no “good” or “bad” zone – *everyone experiences all of the zones at one time or another*
- Different zones ***are expected*** in different situations

Teaching Emotions at Home

Ways to Model Feelings Identification at home:

1. Expressing our own feelings when we are frustrated or happy.
Labeling our own feelings.
2. Referring back to the visual as needed in the moment
3. Concrete learners - model use of communication devices

Ways to Explicitly Teach Feelings Identification:

1. Talking about emotions
2. Reading books or watch videos together
3. Defining what it looks like

The Toolbox

THE ZONES OF REGULATION®

BLUE ZONE

Sign icons: Bored, Nerv, Exhausted, Sick, Good, Sad

BLUE ZONE Tools

Stretch

GREEN ZONE

Sign icons: Calm, Cool, Proud, Okay, Hungry, Learn, Confuse

GREEN ZONE Tools

Drink water

YELLOW ZONE

Sign icons: Frustrated, Anxious, Worried, Excited, Worry, My, Tired, Overwhelmed

YELLOW ZONE Tools

Deep breaths

RED ZONE

Sign icons: Aggressive, Mean, Scared, Mad, Angry, Yelling

RED ZONE Tools

Take a break

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When I feel...	When I feel...	When I feel...	When I feel...
Sad Tired Sick Bored	Happy Calm Focused Ready to Learn	Frustrated Worried Silly Excited	Angry Out of Control
It looks like...	It looks like...	It looks like...	It looks like...
Moving Slowly Head down Staring off Body is frozen	Sitting in my seat Calm Voice Calm Body Following directions Doing my work	Off topic Loud Voice or Noises Silly Voice Out of seat Wiggly Body, Tongue out Playing with objects in an unexpected way	Yelling Arguing Hitting/Grabbing Throwing Destroying Running away
I can...	I can...	I can...	I can...
Movement Break (Walk, <u>Get</u> a Drink, Jumping Jacks) Bungee Chair Tell someone	Get my work done Earn reward minutes	Ask for help Deep Breathing Use my Inner Coach Calming Video or Music Lap pad	Deep Breathing Steps to Calm Down Use my strategies in a different room

Two Types of Tools

Calming Techniques

Alerting Strategies

Calming Techniques

Reading a book

Looking at a lava lamp

Laying under a blanket

Listening to music

Playing with marbles

Spinning a lock

Drawing/Coloring

Alerting Strategies

Listening to Music

Jumping on a trampoline

Jumping Jacks

Break in a dimly lit room

Swing

Bright room for alerting

Hugs

Teaching the Strategies

1. Model the use of the strategies
2. Teach Explicitly
3. Practice, practice, practice!
4. Reward/Acknowledge the use of the strategies

My Child's Zone Activity

- Think about 1 behavior or emotion your child exhibits.
- Use Zones worksheet and assign the behavior or emotion to a zone.
- Describe what each zone looks like.
- Develop techniques/strategies for your child to use.

Closing Activity: *Time to Reflect...*

One thing I learned during this session is...

One thing I would like to have clarified would be...

One thing I could do to apply this learning is...

SHARE with the person sitting next to you.

Share one thing with whole table group.

Evaluation



Thank you!

The image features the words "Thank you!" in a highly decorative, hand-drawn style. The letters are thick and rounded, with various patterns and colors. The word "Thank" is positioned above "you!". The letter 'T' is yellow with red zig-zag patterns. 'h' is orange with red stripes. 'a' is green with black dashed patterns. 'n' is purple with vertical lines. 'k' is orange with red zig-zag patterns. 'y' is green with black dashed patterns. 'o' is pink with red dashed patterns. 'u' is blue with purple dashed patterns. The exclamation point is blue with a green spiral. There are several flowers: a blue one with a purple center, a pink one with a yellow center, and another blue one with a purple center. The background is a light blue gradient.

Behavior Matrix

Zones Toolbox

Blue Zone	Green Zone	Yellow Zone	Red Zone
When I feel...	When I feel...	When I feel...	When I feel...
It looks like...	It looks like...	It looks like...	It looks like...
I can...	I can...	I can...	I can...