

# PBIS Ideas-For Home

## Parent Partnership

### Rewards at home:

*Most of the students in PSD have some sort of reward system at school here are some ideas to bring that home:*

#### 1. Homeschool Dollars-

- a. Make some fake money out of paper. Kids who are doing the right things earn them. Put their name on them and put them in a jar. At the end of the day or week have a drawing. WINNER gets a reward. 😊
- b. REWARD IDEAS: Pick the movie to watch that night, pick game to play, stay up 15-30 min later, pick a treat for parent to get at store next time you go.

### Tips for managing screen time on Wednesdays and Weekends:

Here is checklist that students can check off BEFORE electronics can be used:

Have you:

- ☐ Made your bed?
- ☐ Brushed teeth?
- ☐ Brushed hair?
- ☐ Gotten dressed?
- ☐ Had Breakfast?
- ☐ Completed work/checked all Google Classrooms
- ☐ 20 minutes of READING
- ☐ 20 minutes of writing/art/coloring
- ☐ 20 min of outside time
- ☐ Cleaned up room or done chores

**YEAH!!! NOW Free time ELECTRONICS! 😊**

### Break Space at Home:

Sometimes students will need a space to go to get away from the frustration they might be feeling. Setting up a break space might be something to help with that:

- What should a break space have in it?:
  - Timer-to know when to come back
  - Blanket
  - Pillow
  - Fidgets
  - Paper and writing utensils
  - Music
  - Stuffed animal or squeeze-stress relief

### When in Doubt-Check the Schedule:

- Double check your WAG
- Double check you Classwork/Activities
- Contact teacher for guidance
- Stay for office hours (students and parents!)
- Make a check-list.

### What is PBIS?!?!

- Positive Behavior Intervention & Supports

What does this look like at my student's school school!?!

- Pre-teaching appropriate behaviors at school-

Defining what it looks like for students to be:

**SAFE, RESPONSIBLE, and RESPECTFUL**

### How can I bring PBIS Home?!?!

Take the places at home and talk about what it looks like to be a positive family member at home. In certain areas and times:

**Here are some places to start:**

- **Mealtimes**-wash hands, help clean up, help prep and put away
- **Work time**-find a good space to learn, listen to person helping, ask for help
- **Play times**-stay safe with body and objects.
- **Screen time**-follow rules, get off when asked
- **Wake up time**-Brush teeth, change clothes, put pjs away, tidy room
- **Bedtime**-brush teeth, read, go to sleep on time

### Brain-Breaks!

Kids (and adults) need breaks! 😊 Here are some ideas to do when you need a break.

1. **Wall or chair push-ups.**
2. **Deep breathing...ahhhh.**
3. **Blow bubbles.**
4. **Dim the lights.**
5. **Bring the child to a less busy room.**
6. **Music**
7. **Bounce on a Ball**
8. **Fidgets**
9. **Walk or Exercise**

### For further questions:

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