

Teaching Positive Behavior at Home

Develop Expectations

If your school has already established school-wide expectations, consider using the same ones at home. This helps your child(ren) see how the same expectations apply both in the home and during remote learning, building consistency across settings.

1. Choose 3 – 5 positively worded expectations (i.e., Be Respectful, Be Responsible, Be a Role Model)
2. Create a matrix for what these expectations “look like” in your home.
 - Think about the different settings of the day. For example, you may break up the day into morning, mealtimes, schoolwork, and bedtime. Talk with your child(ren) about what should be included as shared agreements for the different settings. Partnering as a family helps to build accountability and understanding of how to best work together. A sample matrix is provided below.
 - Even after you have developed your matrix, it’s important to talk about what went well and how to improve, and to model for your child(ren) what you expect. This lets everyone in the home know the importance of your shared agreements.

Set realistic goals

- Work together to create goals based on your agreements.
- Start with setting a short-term goal, then move on to longer term goals
- Short-term goal example: Technology free meal with family for 5 days in a row
- Long-term goal example: Attend 80% of live lessons for four weeks

Acknowledge and celebrate when expectations are met!

- Focus attention and feedback on the positive behaviors you want to see. This lets your child(ren) know they are on the right track and that their efforts are valued.
- [Acknowledgement Examples](#)

Show grace

- Like any new habit or skill, it takes time to master. Give each other grace and patience, knowing that we all have tough days. Talk and problem-solve as a family when things don’t go as planned; this fosters critical thinking skills and resilience.

Home Matrix Example

Expectations ↓	Settings/Activities			
	Mealtime	Independent Work	Remote Learning Sessions	Bedtime
Be Respectful	Talk with others in the room Chew with mouth closed	Turn off/silence non-school electronics Work quietly	Work in a distraction free area	Go to bed on time
Be Responsible	Clean up your area Technology free	Ask for help when needed Save all work on computer	Move food and drinks away from computer	Turn off/silence your electronic devices
Be Safe	Wash hands before and after meal	Only use approved websites	Only chat with people in your class	Wash your hands and face Brush your teeth

Blank Home Matrix

Expectations ↓	Settings/Activities			