



PBIS Basics at Home Workbook

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Routines & Schedules

Complete your family's routine with time & activity or just activity; may add additional rows if needed.

Time	Activity

Home Behavior Expectations

What are my 3-5 positivity stated behavior expectations at home?

1.

2.

3.

4.

5.

What routines do I want to focus on?

Circle or add routines that fit your family.

<i>School time</i>	<i>Mealtime</i>	<i>Bedtime</i>	<i>Mornings</i>	<i>Free time</i>
<i>Screen or Online</i>	<i>Outside</i>	<i>Quiet time</i>	<i>Family time</i>	<i>(Add)</i>
<i>Weekends</i>	<i>Chores</i>	<i>Social Media</i>	<i>(Add)</i>	<i>(Add)</i>

Behavior Matrix

Add your family's behavior expectations in the top row & routine on the left column.

	Be	Be	Be	Be
Mornings				

Teach-Remind-Reward

Teach

1. When will you review routines & expectations? Choose a time to intro & a time to review. (Review beginning of the week, each morning, after a change, etc.)
2. How will you teach routines & expectations? (Read to child & post, demonstrate expectations in each area, provide examples & non-examples of expectations)
3. Are there any environmental changes that would be helpful? (Adding a picture of the step of handwashing in the bathroom, timer for screen time, decreasing distractions in the area for school work)

Remind

1. Define behaviors you will provide a reminder for (example; washing hands before mealtime).
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
2. Sample pre-correction/reminder language for the above behaviors.
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.

Reward

Behavior Specific Praise Examples:

1.

2.

3.

Family Reward Ideas:

Describe how your family receive rewards:

(Examples – pebbles, cotton balls, marbles, hot wheels, beans in a jar; tally marks, smiley faces, stickers on a notebook/wipe board, tickets, family bucks, etc...)

When are rewards given: (Completed schoolwork following expectations, catch following expectations, positive behaviors throughout the day/routines, etc...)

Ideas for group or individual rewards for your family:

Respond

1. Plan when you will intentionally add positive comments to routines and what they will be.

Routine 1:

Routine 2:

Routine 3:

2. Teaching the Behavior you want.

Choose the challenging behavior (be specific):

What positive behavior do you want your learner to do instead? (Use behavior matrix to help)

How and when will you teach the positive behavior?

Self-care

1. How and when will I communicate with my learner's school?
(Example – check email daily, pick up and turn in work packet, weekly, etc...)
2. Choose at least one self-care activity you can do daily?
(Example; call a friend, go for a walk, take 10 minutes for meditation, listen to music, etc...)

Additional Resources

<https://www.placer.ca.gov/1982/Network-of-Care>