The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Family’s Home Expectations

|  |  |  |  |
| --- | --- | --- | --- |
|  | Safe | Respectful | Responsible |
| H Help Out | Keep your toys away from where others walk | Do family chores without whining or complaining | Brush Teeth  Have school materials ready |
| O Own your  Behavior | When feeling frustrated or angry, calm your body first | Use a respectful tone of voice when talking with each other | Go to bed on time and Get up on time |
| M Manners | Clean up after yourself | Use respectful and kind words like “Okay Mom” | Say “Please” or “Thank you” |
| E Everyone | **Think** first, Identify how you **Feel**, Then **Act** | Ask for help calmly using kind words | SMILE, Have a great day  Try your best! |

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| **Problem Solving Tips:** | **Problem Solving Phrases** |
| * model helpful words * practice with them * Praise them for problem solving on their own! | * “What were you hoping would happen?” * “Would that be helpful to the situation?” * “That was hard, but you were very brave to fix it!” |

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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Morning | Homework | Mealtime | Bedtime |
| H Help Out | Make your bed  Put clothes in the hamper | Put back pack in the right spot | Clean up after yourself | Brush your teeth  Put dirty clothes away |
| O Own your  Behavior | Get up on time  Get out the door on time | When frustrated or angry, take a deep breath and calm your body | Use a respectful tone of voice when talking with each other  Try your best | Go to bed on time without complaining or whining |
| M Manners | Use respectful and kind words like “Okay Mom” | Ask for help with a respectful tone | Say “Please” and “Thank you” | Say goodnight |
| E Everyone | SMILE, Listen respectfully, Have a great day  **Resolve problems by saying**; “I feel \_\_\_\_\_\_\_\_ when you \_\_\_\_\_\_\_\_” or “I was hoping \_\_\_\_\_\_\_\_\_\_\_\_\_\_”  **Apologize by saying**; “I am sorry I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, next time I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.” | | | **Problem Solving Tips:**   * model helpful words * practice with them * Praise them for problem solving on their own! |