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 TeethHave 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 dayTry your best! |

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| --- | --- |
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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 bedPut clothes in the hamper | Put back pack in the right spot | Clean up after yourself | Brush your teethPut dirty clothes away |
| O Own your Behavior | Get up on timeGet 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 otherTry 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!
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