Online Behavior Support Resources

- [Sanford Harmony- Harmony at Home](#)

- [Center on the Social and Emotional Foundations for Early Learning](#)

- [PBIS](#)

- [Surviving COVID-19](#)

- [ClassDojo Beyond School](#)

Quick Tips

1. Create a Learning Area

   Set up an area in your home specifically for academic time

2. Give Clear Rules and Expectations

   "Today we have a Reading Assignment and a Math assignment that we need to complete before dinner."

3. Provide Choices

   "Would you like to start the reading assignment first or the math assignment?"

4. Use a Timer

   "We are going to set our work timer for 20 minutes"

5. Provide Verbal Encouragement

   "You are doing great! I love how you are trying your best!"

6. Allow Breaks and Movement

   "Once our 20 minute work timer is up, we can take a 5 minute break."

7. Celebrate Success

   "You finished this part of your math work! Way to go!!"

Struggling with Work Completion???

Implement a simple token economy

Award a token for every assignment completed, every correct response, every 5 minutes of good quality work, completing chores- options are endless!

Student earns chosen reward once 5 tokens are earned.

Remove tokens and start again!

I am working for:
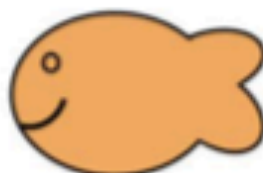
toys | video | fruit
trampoline | ipad | candy
computer | snack | Goldfish

Weekly Updates

Your Program Specialist for Behavior will be reaching out to you weekly with updated behavior resources

Topics Including:
- How to Implement Schedules and Breaks
- Zones of Regulation
- Mindful Breathing
- Behavior Basics
- And Much More!

Always reach out if you need anything! We are here for YOU!