



## P.B.I.S. EXPECTATION #1: “BE READY”

Children do best when they know what to expect. The expectations we have for our Preschool students are to Be Ready, Be Respectful and Be Safe. The expectations are a part of our school wide Positive Behavior Intervention Strategies (P.B.I.S.) Program. With the expectation of being ready, students are able to prepare themselves to learn and maintain their focus when learning.



### What We Teach At School

At school, some ways we encourage children to Be Ready are:

- Eyes on the teacher when she is talking.
- We are quiet when someone else is speaking.
- Our hands and feet are quiet, too.
- We make sure that we are ready when it’s time to go leave the room (coats and backpacks on, hands to self ...).

When we see them “being ready”, we acknowledge it by saying things like “I like the way you are sitting quietly in circle. You are ready to listen.” We make sure to let the child know that their positive behavior was recognized in hopes that it will encourage the child to do it that way again.



### What You Can Do At Home

At Home, you can promote being ready within your family. It is important for children to practice behaviors across all their environments. Some ways you can encourage your children/family to be ready are:

- Give children a realistic expectation for leaving the house (shoes on, coat on, T.V. off ..) and an verbal reminder of when you will be leaving (“We will be leaving the house to go shopping in a few minutes. You need to be ready to go soon.”)
- Develop predictable daily routines for bedtime and bath time. If children know what to expect, it will help them to be ready for these sometimes challenging times.
- Help your child be ready to exit the car in carpool or individual drop-off. Make sure their coat is zipped and their backpack is on.

Remember to recognize your child for their positive behaviors by telling them that you like the way they were being ready. If you see that your child is having difficulties with being ready in certain situations, help them to get themselves ready and remember to use the word “ready” when you are doing so. For example, “Tommy, I need you to get ready to go to the bus. You need your coat and your backpack on – then I’ll know that you’re ready.”