

Your Child Can Be a High Five Kid at Home



High Five behaviors are practiced daily by our children at school. We can help our children make the connection between home and school life by encouraging them to practice these positive behaviors at home.

For example:

- Be Positive – Have a Morning smile
- Be an Achiever – Try something new (activity, a food)
- Be Responsible – Make your bed
- Be Respectful – Say “please” & “thank you” to all members of your family
- Be Safe – Tell an adult what you’re doing or where you’re going

Teaching Behavioral Lessons

Children need your help to learn certain behavioral expectations. For example, you can teach them how to do homework without distractions. You can also role-play and talk through “what if” scenarios with your child.

High 5 Expectations Matrix or Plan

It may be helpful for you and your child to write your own behavior expectations matrix. In one column, list the High Five behaviors and then write the actions that support the transitions of the day (for example; getting ready for school, clean-up time, relaxing time, homework time, meal time, getting ready for bed). See attachment.

Acknowledgements

A crucial element to the success of High Five behaviors is acknowledging when your child reaches his/her behavioral expectations. All positive behaviors should be acknowledged verbally to encourage more positive actions. You can also set tangible acknowledgements, such as:

- Read a story to your child.
- Stay up 10 minutes past bedtime.
- Cook his or her favorite dinner.
- Play a board game or complete a puzzle together.
- Get out of doing chores for the day.
- Go for a walk together.
- Color or draw together.
- Provide computer time at home or at the public library.

We know that our kids can be High 5 achievers both at school and at home!