



**Using PBIS Strategies at Home
Core Values, Expectations, Rules**

Templates & Examples

Our Family Values

	Love		Free time		Nature		Achievement
	Wealth		Religion/Faith		Popularity		Beauty
	Family		Variety		Responsibility		Respect
	Morals		Calmness		Honesty		Peace
	Success		Freedom		Humor		Stability
	Knowledge		Fun		Reason		Wisdom
	Power		Recognition		Loyalty		Adventure
	Creativity		Relaxation		Safety		Fairness
	Friends		Education		Independence		Others
	Attitude		Yielding				

How it works:

1. All family member pick their top 5 values (family should decide on number of values to consider)
2. Each family member numbers values based on what they feel is most important (e.g. 1=not important; 2=somewhat (but not always) important; 3=quite important; 4=really important; 5=extremely important)
3. Talk about values all family members scored as most and least important and see where there is agreement and discuss values
4. Decide together on family expectations related to the core values based on the family discussion
5. Define rules related to expectations and family activities and behaviors
6. Decide on routines to support family expectations and rules

Our Family's Core Values

- Each family member numbers their top 8 core values
- Discuss as a family and see where there is agreement in core values
- Decide on the top 3+ core values (which can lead to creating family expectations)
 - The values can be worked into a mnemonic, such as FAMILY, RESPECT, name of the family, etc.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

EXAMPLE: EXPECTATIONS & RULES

Expectations based on core values

Expectations included in the FAIR mnemonic below with daily activities in the left column; rules support the expectations in the matrix where expectations and activities meet

WHAT'S IMPORTANT	F	A	I	R
	Free Time	Academics	Independence	Respect
	I value my time to have fun, decide what makes me happy, and relax	I will do my best in all learning and make school a priority	I want to make choices in what I do and how I live, which also means accepting consequences	I will treat others as I want to be treated myself
School at Home	I will take breaks when given and I can check my phone during breaks only	I will attend my online classes, take notes, <u>do</u> in-class assignments, and pay attention	I will review my class schedule daily, take notes, follow up with teachers, and ask for help from my teachers or	I will pay attention to my teachers in my online classes; I will take part in group work by finishing what I assigned; I will pay attention not eat or look at my phone
Homework	I will get my homework done and chores on my daily checklist before I get free time	I will do my homework to the best of my ability, ask questions when I don't understand something, or tell my teacher or parents when I do not understand something	I will try to do my homework on my own by looking at my teacher's assignment web page and ask for help if I need it	I know completing my work and turning it in by the assigned time is important and will get my homework turned in when it is due
Chores	I will get free time to watch television or look at my phone once my daily chores are done and checked off my list	I will do my chores after my online learning is done for the day; I will follow my daily schedule	I will do the chores on my schedule without being reminded by my mom and dad, and check off the chore when it is done	I will do the chores on my daily schedule and not argue with my mom and dad about not wanting to do them
Game Time	I will play my games and use electronics during time I agreed on in the schedule	I will not use my games on my phone or computer during school time	I can decide if and when I play electronic games during the times we agreed on	I will follow my schedule and play games during the times I agreed with my mom and dad
Family time	I can take part in my free time if I take an active part in family activities	I can take part in my weekly family activities if I go to my classes and pay attention and get my homework done	On Tuesdays and Thursdays, I get to pick what we do for our family time. I need to let my mom know what I want to do by Monday night at 9:00 p.m. so we have time to plan	I will take an active part in family activities such as game nights, walks, watching movies, and other activities

Rules describe HOW to meet expectations in specific settings

