

SAND LAKE PROUD – AT HOME

(EXAMPLE)

You may use this example matrix in your home or as a guide to help build your own family's matrix. **Remember:** A) Keep expectations positive, B) Acknowledge/Recognize expectations when used, C) Address and re-teach expectations when they are not used.

	Getting Up in the Morning	Getting to School	Clean up Time	Time to Relax	Homework Time	Mealtime	Getting Ready for Bed
Be Safe	<ul style="list-style-type: none"> • Get up early enough so you are not rushing • Stay indoors 	<ul style="list-style-type: none"> • Stay in your seat or on the sidewalk at all times 	<ul style="list-style-type: none"> • Clean up after yourself 	<ul style="list-style-type: none"> • Clean up after yourself • Use toys and games properly 	<ul style="list-style-type: none"> • Keep your home neat, clean, and away from food, drinks, and pets 	<ul style="list-style-type: none"> • Wash hands before eating • Use silverware properly 	<ul style="list-style-type: none"> • Put dirty clothes away
Be Respectful	<ul style="list-style-type: none"> • Use a soft voice until everyone is awake • Say, "Good morning!" • Be ready on time 	<ul style="list-style-type: none"> • Use your manners, "Thanks for the ride," "Have a nice day." 	<ul style="list-style-type: none"> • Ask politely for help 	<ul style="list-style-type: none"> • Play quietly • Offer to share • Respect other things 	<ul style="list-style-type: none"> • Ask for help respectfully • Use your manners, "Thanks for the help." 	<ul style="list-style-type: none"> • Use kind words and "I statements" • Use your manners, "Please" and "Thank you" • Recognize mistakes and apologize 	<ul style="list-style-type: none"> • End the day with nice words and thoughts
Be Responsible	<ul style="list-style-type: none"> • Be pleasant to those around you • Use the bathroom • Brush teeth • Make bed • Get dressed 	<ul style="list-style-type: none"> • Be ready to leave on time • Have your backpack, lunch, notes, keys 	<ul style="list-style-type: none"> • Do your chores 	<ul style="list-style-type: none"> • Ask before you borrow 	<ul style="list-style-type: none"> • Put your things in your backpack when finished • Complete your homework on time • Do your best! 	<ul style="list-style-type: none"> • Set the table • Put dishes away 	<ul style="list-style-type: none"> • Brush your teeth