



# 4B's of BSA CHALLENGE

## Pre K- 5th Grade



### WHAT IS PBIS?

The goal of PBIS is to produce positive changes in a schools climate by using child friendly methods to support desired behaviors in school settings and other learning environments.



Below is a calendar of daily fun you can have with your prek-5<sup>th</sup> grade student(s). These activities will help them learn and practice school expectations and the Four B's of BSA (Be Kind, Be Responsible, Be Respectful and Be Safe). Take a photo of your student completing each challenge and send it to 313.771.0092 for their chance to win our PBIS Raffle held on Monday, June 1<sup>st</sup>, 2020.

### MONDAY

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#### I WILL BE KIND

**Chat:** How can you be kind to your teachers, classmates, and other school staff?

**Activity:** Make a kindness card for your teacher and show your class next time you are online.

### TUESDAY

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#### I WILL BE RESPONSIBLE

**Chat:** How can you be responsible at school? What are your responsibilities at home?

**Activity:** Make a responsibility contract and a cool handshake.

### WEDNESDAY

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#### I WILL BE RESPECTFUL

**Chat:** How can you respect yourself and others? How can you show respect at school?

**Activity:** Go to DPSCD's website check out Expect Respect Initiative. Create an Expect Respect Poster.

### THURSDAY

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#### I WILL BE SAFE

**Chat:** Why is it important to be safe at school? What can happen when you are not safe?

**Activity:** Make a poster for safety in the hallway, lunchroom and bathroom.

### EXPECTATION FRIDAY

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#### VOICE LEVELS 0-4

Today have your student practice the BSA Voice Levels

- Level 0-** No Talking
- Level 1-** Whisper
- Level 2-** Talk to the person next to you
- Level 3-** Presenter voice
- Level 4-** Outdoor Voice

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#### I WILL BE KIND WITH MY WORDS

**Chat:** Talk about a time when someone said something mean and how it made you feel. How can we be kind with our words?

**Activity:** Create a song or poem about kindness to show to your family or online class.

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#### I WILL BE RESPONSIBLE WITH MY HANDS

**Chat:** Is it ok to hit others? what is the responsible thing to do if someone hits you (tell an adult)?

**Activity:** Act out responsible ways to handle tough scenarios (i.e. someone hits you, someone cuts in line)

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#### I WILL BE RESPECTFUL EVERYDAY

**Chat:** Why is it important to be respectful of others? What does respect mean to you?

**Activity:** Grab your family and make a video about respect and record it on a cellphone.

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#### I WILL BE SAFE WHEN I AM ANGRY

**Chat:** What are safe things you can do when you are upset?

**Activity:** Make a calm down corner at home, find music that makes you calm, and try calm breathing.

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#### RAISE YOUR HAND

Have a chat with our student about ways that we ask question in different places (at home, a restaurant, park, church and school)

Now for a portion of the day practice how we request attention at school. Have your student raise their hand to ask a question, for a snack or bathroom break.

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#### I WILL BE KIND TO MY FRIENDS

**Chat:** How do we make friends? What is a good friend? How can you be a good friend?

**Activity:** Next time you are online for school say something nice to a classmate or teacher.

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#### I WILL BE RESPONSIBLE FOR MY ACTIONS

**Chat:** Talk about how kids can be responsible for themselves, their things and their actions.

**Activity:** Memorize your parent/guardians full name, their phone number, your address and the number of another close family member.

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#### I WILL BE RESPECTFUL TO SCHOOL STAFF

**Chat:** How can we show respect to school staff (i.e. teacher, lunch staff, custodian)

**Activity:** Have a challenge to see who can be the politest throughout the day.

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#### I WILL BE SAFE BY MAKING GOOD CHOICES

**Chat:** What are good choices? Talk about a time when you didn't make a good choice?

**Activity:** Draw a picture of a time when you made good choices.

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#### HUG AND A BUBBLE

When walking down the hallway during transition students are expected to stand in one line with a hug and a bubble. Practice the hug and a bubble with your student.