

## SWPBS Home Matrix

	Getting up in the morning	Getting to school	In the community	Technology Time	Family Time	Mealtimes	Getting ready for bed
We are Respectful							
We are Responsible							
We are Safe							

**Activity: Creating a Family Matrix.**

With your family, discuss/identify what are your 3-5 core family values. You then need to identify the most important times, locations and transitions that you would like clearly defined expectations. Start with the behaviours you don't like in each of those and then turn them into replacement behaviours. These expected behaviours are to be positively stated and brief (3-4 words).

Once created, the aim is to 'catch each other being good', and reinforce this behaviour by acknowledging it verbally. By doing this, you will increase the likelihood that the behaviour will occur again. You may also use these expected behaviours to create your acknowledgement system at home. This can be focused on specific (2-3) target behaviours that you want to decrease, by creating the replacement behaviour.