



Belknap-Merrimack Head Start Big B Behavior Matrix

Morning Routines

Routine	Be Safe	Be Kind	Be Careful with Our Things	Make It Better
Arrival	<ul style="list-style-type: none"> listen to adults follow adult directions gentle hands and touch walk 	<ul style="list-style-type: none"> greet others with kind words use quiet voices 	<ul style="list-style-type: none"> put things where they belong 	<ul style="list-style-type: none"> if you knock it over...pick it up if you offend...excuse yourself say "How can I make it better?..." lend a helping hand
Breakfast/ Mealtime	<ul style="list-style-type: none"> listen to adults follow adult directions wash hands all chair legs on floor sit on chair take small bites and chew 	<ul style="list-style-type: none"> use words to ask for things be sure everyone gets a serving 	<ul style="list-style-type: none"> clear your place put chair in its place 	<ul style="list-style-type: none"> if you spill...clean it up if you knock it over...pick it up if you run out of food...find more if you offend...excuse yourself lend a helping hand
Circle	<ul style="list-style-type: none"> listen to adults follow adult directions feet on floor gentle hands and touch follow directions 	<ul style="list-style-type: none"> use kind words to share information use quiet voices take turns listen to others get permission to use people's things from home 	<ul style="list-style-type: none"> care for toys materials and furniture return things to their place 	<ul style="list-style-type: none"> if you hurt another...help heal if you offend...excuse yourself say "How can I make it better?..." lend a helping hand
Free Choice/Play	<ul style="list-style-type: none"> listen to adults follow adult directions use toys safely stay in room gentle hands and touch 	<ul style="list-style-type: none"> use kind words use quiet voices take turns listen to others get permission to use people's things from home share toys and materials 	<ul style="list-style-type: none"> care for toys materials and furniture return things to their place 	<ul style="list-style-type: none"> if you destroy...help rebuild it if you hurt another...help heal if you offend...excuse yourself say "How can I make it better?..." lend a helping hand
Small Group Activities	<ul style="list-style-type: none"> listen to adults follow adult directions use toys safely stay in room gentle hands and touch 	<ul style="list-style-type: none"> use kind words use quiet voices take turns listen to others get permission to use people's things from home share toys and materials 	<ul style="list-style-type: none"> care for toys materials and furniture return things to their place 	<ul style="list-style-type: none"> if you destroy...help rebuild it if you hurt another...help heal if you offend...excuse yourself say "How can I make it better?..." lend a helping hand
Outdoor Play/ Playground	<ul style="list-style-type: none"> listen to adults follow adult directions dress for the weather stay on the playground 	<ul style="list-style-type: none"> use kind words listen to others take turns 	<ul style="list-style-type: none"> keep things in the playground return things to their place use equipment carefully be gentle with materials 	<ul style="list-style-type: none"> if you hurt another... help heal if you destroy...help rebuild lend a helping hand
Lunch/ Mealtime	<ul style="list-style-type: none"> listen to adults follow adult directions wash hands all chair legs on floor sit on chair take small bites and chew 	<ul style="list-style-type: none"> use words to ask for things be sure everyone gets a serving 	<ul style="list-style-type: none"> clear your place put chair in its place 	<ul style="list-style-type: none"> if you spill...clean it up if you knock it over...pick it up if you run out of food...find more if you offend...excuse yourself lend a helping hand

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Routine	Be Safe	Be Kind	Be Careful with Our Things	Make It Better
Rest Time	<ul style="list-style-type: none"> listen to adults follow adult directions 	<ul style="list-style-type: none"> rest silently use a whisper voice if you need help 	<ul style="list-style-type: none"> care for bedding and furniture 	<ul style="list-style-type: none"> if you hurt another... help heal if you destroy...help rebuild lend a helping hand
Rest Time/ Pick-Up	<ul style="list-style-type: none"> listen to adults follow adult directions 	<ul style="list-style-type: none"> use a quiet voice use kind words 	<ul style="list-style-type: none"> return things to their place 	<ul style="list-style-type: none"> if you hurt another... help heal if you destroy...help rebuild lend a helping hand
Snack/ Mealtime	<ul style="list-style-type: none"> listen to adults follow adult directions wash hands all chair legs on floor sit on chair take small bites and chew 	<ul style="list-style-type: none"> use a quiet voice use kind words to ask for things be sure everyone gets a serving 	<ul style="list-style-type: none"> clear your place put chair in its place 	<ul style="list-style-type: none"> if you spill...clean it up if you knock it over...pick it up if you run out of food...find more if you offend...excuse yourself lend a helping hand
Outdoor Play/ Playground	<ul style="list-style-type: none"> listen to adults follow adult directions dress for the weather stay on the playground 	<ul style="list-style-type: none"> use kind words listen to others take turns 	<ul style="list-style-type: none"> keep things in the playground return things to their place use equipment carefully be gentle with materials 	<ul style="list-style-type: none"> if you hurt another... help heal if you destroy...help rebuild lend a helping hand
Free Choice/Play	<ul style="list-style-type: none"> listen to adults follow adult directions use toys safely stay in room gentle hands and touch 	<ul style="list-style-type: none"> use kind words use a quiet voice take turns listen to others get permission to use people's things from home share toys and materials 	<ul style="list-style-type: none"> care for toys materials and furniture return things to their place 	<ul style="list-style-type: none"> if you destroy...help rebuild it if you hurt another...help heal if you offend...excuse yourself say "How can I make it better?..." lend a helping hand
Departure and Hallway	<ul style="list-style-type: none"> listen to adults follow adult directions walk 	<ul style="list-style-type: none"> take the next place in line use a quiet voice hands, body & feet in your own space get permission to use other people's things 	<ul style="list-style-type: none"> put your things away 	<ul style="list-style-type: none"> if you "cut" in line...go to the back of the line if you drop it...pick it up if you offend...excuse yourself say "How can I make it better?..." lend a helping hand

Belknap-Merrimack Head Start Big B Behavior Matrix Bus Routines

Routine	Be Safe	Be Kind	Be Careful with Our Things	Make It Better
Bus	<ul style="list-style-type: none"> listen to adults follow adult directions wait safely with adult take turns when getting on bus walk to your seat sit down & buckle up stay buckled in seat wait for bus to stop before un-buckling 	<ul style="list-style-type: none"> say hi to the driver when getting on bus use kind words use a quiet voice keep hands, body & feet to yourself say thank you to the driver when leaving bus 	<ul style="list-style-type: none"> put things where they belong clean up your area take your things when leaving 	<ul style="list-style-type: none"> if you hurt another... help heal if you destroy...help rebuild lend a helping hand