

# Martin's March PBIS Newsletter

## This month's PBIS focus is:

In the month of March our focus will be on self control. Teachers have multiple resources and activities that they have planned that they will be doing with their class to practice having self control.

## The Martin 3 B's



Be Safe  
Be Respectful  
Be Responsible

## Resources to use at home:

Below are some ideas that you could teach your children at home to help build self-control.



### Simple Ways



## Kids Can Calm Down Anywhere

- 1 Count to 5.** This helps kids learn how to stop and think before reacting.
- 2 Take a deep breath.** This is a great relaxation technique for kids and adults!
- 3 Blow into your hands.** This gives kids the feedback of taking a deep breath.
- 4 Place hands in pockets.** A good tool for kids who react with their hands.
- 5 Make a fist, then relax.** This relieves tension built up in the body.
- 6 Do a body scan.** Notice areas of tension in the body and relax.
- 7 Ask for a hug.** Find someone you love and hug it out.