

## Period 1. – RULES: Discipline - Courtesy, Conduct, Respect, Manners

During the first period, we will practice, for example, the following things. You can also pay special attention to these at home.

### 1. Environment

We will create a structured and organized environment. In a well-organized environment it will be easier to follow rules and take good care of things. We have the same number of things as we have pupils. This way every thing matters and it becomes meaningful for each child to take good care of his or her things.

→At home your child can keep his/her room/desk tidy.

→At home you can ponder how many things you really need.

### 2. Daily schedule

We stick to a daily schedule, so it becomes a routine. The aim is to have a relaxed atmosphere where the child knows what comes next. Following the routine accurately during the first period is crucial.

→At home you can try making the school mornings and afternoons a daily routine: first going home, then washing hands, then doing homework, then having a snack, etc.

### 3. Behaviour

We give clear messages to children about expected behaviour. We don't make long speeches to the children, just send clear and simple messages that are easy to understand and follow. We avoid using "no" expressions.

→At home you can also practice using clear and short messages in a positive way. Long speeches often only convey the teacher's disappointment and frustration and tell the children that they are failures. Every child has a "training licence" and included in this licence is permission to fail every now and then. It is not the end of the world, just an opportunity to do better next time.

### 4. Rules

We will learn how to follow rules. Every rule should be easy to follow – if not, the rule should be made simpler. It is important that the rules are based on the idea "This is how we do..." and not: "You cannot do.."

→At home you can ponder what rules you use.

→Make sure that the rules are built for positive thinking, avoiding "no" expressions. For example: "Don't leave your coat on the floor" is changed into → "Please put your coat on the rack".

### 5. Practising the old skills

Practising things at which the children are good, even though they are new to the teacher. To keep on training the children in the things at which they are good enhances their self-esteem.

→At home the child can teach a new skill to his or her parents.

## Period 1 – Compliments and encouragement

Using an appropriate compliment that focuses on what the child needs to practise is the most effective way towards success. Here are ideas to encourage the children during the 1st period.

**Respect**– "I can see that you are concentrating!"

**Behaviour**– "You are doing well!"

**Courtesy**– "This is nice of you to say!"

**Appearance** – "Please note, you were nice to her/him and then you got the same attitude back!"



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PERIOD 1 - SKILLS

*Ponder together with your child what skills she/he needs to practice during the 1st period, in terms of respect, courtesy or appearance.*

*Decide together in what way you will celebrate one well practiced skill!*

*You can seal the contract with signatures, so it becomes important to both of you.*



*Skill:*



*Prize at the end:*



*Signatures:*

