

The Hamburg Hawks Pillars of Character								
Pillars of Character	Classroom Rules	Classroom Routines for Room 133						
		When I report for AM/PM Flex	When I exit the room	When I use RESET	When I use TLP	When I feel upset	When I am finished with work	When I can't pay attention
Trustworthiness	Keep classroom clean Use a pass to leave the classroom Communicate my needs Demonstrate HAWK Pride	<ul style="list-style-type: none"> Put away any materials I borrowed Clean up any mess that I made Follow classroom and school rules when a teacher is not directly watching me 	<ul style="list-style-type: none"> Check to make sure my pass is signed Put all trash in garbage can Leave on time 	<ul style="list-style-type: none"> Get a timer Set timer for 5 minutes for Step 2 and 3 Use materials and objects Put away all materials I used 	<ul style="list-style-type: none"> Use technology only for completing school work Put away all materials that I used 	<ul style="list-style-type: none"> Request a pass to leave using words, picture, or a sign Separate from conflict Report directly to the RESET room 	<ul style="list-style-type: none"> Use technology on approved teacher websites: mathnook.com; freezenova.com; youtube.com; clever.com; iReady.com; myOn.com; newsela.com; prodigy.com Request to use a website that is not listed 	<ul style="list-style-type: none"> Request a 2 minute break using words, picture, or a sign Make sure my pass is signed to leave the classroom
Respect	Use school appropriate language with teachers and peers	<ul style="list-style-type: none"> Greet teachers and peers 	<ul style="list-style-type: none"> Say goodbye to teachers and peers 	<ul style="list-style-type: none"> Tell Teacher my name, grade, and team 	<ul style="list-style-type: none"> Keep all 4 legs of the chair on the ground Face forward Remain quiet so that others are not distracted 	<ul style="list-style-type: none"> Use indoor voice with teachers and peers even if I am upset, angry, or frustrated 	<ul style="list-style-type: none"> Ask teacher before playing with others Play kindly with peers Use an indoor voice 	<ul style="list-style-type: none"> Request a 2 minute break using words, pictures, or a sign
Responsibility	Have my materials prepared for class Follow teacher directions Complete work and submit at or before the due date Apologize for my mistakes	<ul style="list-style-type: none"> Place materials in my assigned area Make a plan for completing work Check in with teacher and explain my plan Charge my technology Use technology for completing school work before requesting games/music 	<ul style="list-style-type: none"> Put all papers in folders or binders Check out with teacher and make sure I have all materials for my next class 	<ul style="list-style-type: none"> Pick an activity for Step 1: Bike 5 min, Weights 50x, Ball Slam 25x, Band pulls 50x Demonstrate effort by making big body movements in Step 1 Demonstrate effort by making small body and calming movements in Step 2 Demonstrate effort by using a writing object to complete Step 3 	<ul style="list-style-type: none"> Complete all work that is assigned by my teachers Complete think sheet thoughtfully and to the best of my ability 	<ul style="list-style-type: none"> When I feel better, use words, pictures, or signs to apologize to teachers or peers 	<ul style="list-style-type: none"> Re-check work Hit the submit button, share, or place completed work in the Grade bin 	<ul style="list-style-type: none"> Request an alternate activity from the teacher
Fairness	Take turns Share materials with others Use active listening skills with teachers and peers	<ul style="list-style-type: none"> Work quietly so I do not disrupt others Use headphones when I need to use my computer 	<ul style="list-style-type: none"> Stay in my assigned area until teacher dismisses me 	<ul style="list-style-type: none"> Wait in calm corner if another student is using Step 1 Wait in calm corner if I am not ready to use the RESET process Request an alternate step 2 or 3 choice with teacher permission 	<ul style="list-style-type: none"> Remain in seat unless using a bathroom break 	<ul style="list-style-type: none"> Wait my turn to speak to teachers and peers Request the RESET process Wait in step 0 quietly until a teacher or staff member can help me 	<ul style="list-style-type: none"> Read quietly Use headphones when using my computer Take turns when playing with peers 	<ul style="list-style-type: none"> Remain quiet so I do not disrupt others who are learning
Caring	Forgive others when they make mistakes Keep body parts and	<ul style="list-style-type: none"> Raise my hand to speak Choose an area that helps me complete my 	<ul style="list-style-type: none"> Leave with a smile 	<ul style="list-style-type: none"> Raise hand when ready for Step 4 Describe how you felt, bring attention to your 	<ul style="list-style-type: none"> Stay awake Sit up and remain alert for safety Raise hand and 	<ul style="list-style-type: none"> Use grounding strategy Use a deep breathing strategy 	<ul style="list-style-type: none"> Allow others to complete work 	<ul style="list-style-type: none"> Raise my hand to get my teacher's attention Use a grounding strategy

	school items to self Ask for help	work		emotions, and make a plan for going back to class when in Step 4	request help • Raise hand if I have a question to ask	• Tell myself “I can” statements • Close your eyes and count to 25 slowly • Request a break using words, picture, or a sign		• Use “self talk” to help keep me focused • Close my eyes and count to 25 slowly • Use 4-5-6 breathing technique
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