

Creating a Matrix for your Home

	Cafeteria	Bus	Hallway	Playground	Digital Learn.
H Be Helpful	Keep your area clean. 	"Bottoms to bottoms, back to back" 	Walk on the right. 	Keep playground clean. 	Be Prepared. Mic. Off Be on time
E Be Engaged	"Music on, voices off" / "Music off, voices soft" 	Keep calm and quiet. 	"Voices off, quickly walk" 	Play with everyone. Use equipment properly. 	Participate. Stay in your work space.
R Be Respectful	Stay in your personal space. 	Use kind words. Keep your body to yourself. 	Keep your hands at your sides. 	Use kind words. Keep your body to yourself. 	Use kind words and the chat box.
O Be On-task	Eat your food. 	Get to your assigned seat. 	Get to your assigned area. 	Line up safely after the teacher's signal. 	Video on-Eyes on screen. Complete work on time.



1. Use the H.E.R.O. acronym from school or create your own acronym.



2. Choose locations in your home that would need expectations or rules (bedroom, bathroom, kitchen, etc.).

3. Create your expectations for each area and location. For example, in the box in the same row as be helpful and for the location of kitchen, you can create the expectation to “Clean the dishes before you go to sleep daily.”

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Rewards for Following Expectations