

A-State PBIS Resource Center News

DECEMBER 2021

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DECEMBER PBIS NETWORKING SESSION

WHEN

TUESDAY, DEC. 14TH, 2:30-3:30PM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

This is your chance to network with other amazing PBIS schools throughout our state. A-State PBIS Resource Center staff will be on hand to guide the discussion and provide FREE Coaching and Technical Assistance.

Join us this month for an opportunity to chat with fellow PBIS implementers. December is a great time for reflection, so let's talk about successes and challenges.

RSVP below to receive the Zoom link!



 **PBIS | Our Services**

cce.astate.edu

DECEMBER REFLECTION

DECEMBER IS A GOOD TIME TO REFLECT

December is a good time for the PBIS team to look at outcomes and assess implementation. Here are some guiding questions:

- Are practices being implemented the way we intended (e.g., teaching and reinforcing expected behavior)?
- Are we using data to guide our practices?
- Are our practices having an impact on the amount of office discipline referrals?
- Have we shared data with staff?
- What outcomes can we celebrate?

- Are we supporting staff in implementing practices? Do we need to provide any additional professional learning?

TAKE CARE OF YOU!

PREPPING FOR THE HOLIDAYS

- This [video](#) has really easy tips for making beautiful holiday cookies
- This [blog post](#) is rich with ideas for how to pamper yourself over vacation without spending a dime.
- And if you're not really feeling the holiday spirit this year, that's ok, too. This [post](#) has concrete, useful suggestions for how to tend to your own wellbeing.

DECEMBER HAPPINESS CALENDAR

December Kindness 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Give a gift to someone who is homeless or feeling lonely	2 Leave a positive message for someone else to find	3 Give kind comments to as many people as possible today	4 Spread kindness and share the December calendar with others	5 Contact someone you can't be with to see how they are	6 Offer to help someone who is facing difficulties at the moment.	7 Support a charity, cause or campaign you really care about.
8 Be generous. Feed someone with food, love or kindness today	9 See how many different people you can smile at today.	10 Share a happy memory or inspiring thought with a loved one	11 Do something helpful for a friend or family member	12 Notice when you're hard on yourself or others and be kind instead	13 Listen wholeheartedly to others without judging them	14 Buy an extra item and donate it to a local food bank
15 Contact someone who may be alone or feeling isolated	16 Help others by giving away something that you don't need	17 Appreciate kindness and thank people who do things for you	18 Contact an elderly neighbour and brighten up their day	19 Look for something positive to say to everyone you speak to	20 Give thanks. List the kind things others have done for you	21 Ask for help and let someone else discover the joy of giving
22 Get outside. Pick up litter or do something kind for nature	23 Call a relative who is far away to say hello and have a chat	24 Be kind to the planet. Eat less meat and use less energy	25 Congratulate someone for an achievement that may go unnoticed	26 Choose to give or receive the gift of forgiveness	27 Bring joy to others. Share something which made you laugh	28 Treat everyone with kindness today, including yourself!
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2022				

ACTION FOR HAPPINESS **Happier · Kinder · Together**



THE A-STATE PBIS RESOURCE CENTER
TEAM WISHES YOU THE HAPPIEST OF
HOLIDAYS!!

6 Amazing Winter Holidays



RESOURCES

[Tiered Fidelity Inventory](#) (evaluation tool)

[PBIS Resource Center](#)

[National Center for PBIS](#)



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