

Menu of Establish-Maintain-Restore Practices

Establish Practices	Maintain Practices	Restore Practices
Banking Time to spend individual time with the student to show that you care and accept who they are as a person	Maintain a ratio of 5 positive interactions to every 1 negative interaction with the student	Letting go conversation
Gather, review and find opportunity to integrate important information or interests about the student	Find opportunities to delivery effective praise that is specific, contingent, and acknowledges hard work, effort, a strategy or process used	Empathy statement to take on the perspective of the student to demonstrate you understand
Secondhand compliment delivered through another adult	Be deliberate about 'relationship check-ins' to see how things are doing and express interests in the student beyond the classroom	Taking ownership for part of the negative interaction / problem
2 by 10 – spend 2 minutes a day connecting with the student for 10 consecutive days	Responding to problem behavior with empathy – involves delivering empathy statements and making sure the response is proportional to the problem behavior	Collaborative problem-solving to find a mutually agreeable (win-win) solution
Wise feedback to communicate high expectations and high beliefs in the students potential	Engaging in fun activities for the sake of fun and nothing else	Separating the deed from the doer to express care for the student
Surprise acts of kindness delivered to the student	Taking away something the student finds aversive to make them feel better (no homework, reduce the amount of work, etc)	Hosting a restorative conversation that is moderated by another staff person
Going on a classroom outing that is fun	Rewarding the student by allowing them to earn a tangible item, access to a preferred activity, food, etc.	
Scheduling a home visit for the purposes of connecting with the family and student on their turf (sole reason is to build relationship)		
Positive salutations (greetings) and farewells on a daily basis – example is Four at the Door		