

PAX Good Behavior Game

PAX = Peace Productivity, Health and Happiness.

What is Pax?

PAX gives teachers and students a skillset to reduce problematic behaviors throughout the school day. PAX focuses on behavior expectations for each activity. It incorporates brain development and behavior science, anthropology, trauma informed care, students with special needs, encouraging kids to be scientists, professional teaching standards, and positive behavioral interventions and supports.

It means nurturing an environment in the classroom that results in individual regulation, co-regulation and group regulation, NOT command, control and consequences.

Spleems are unwanted behavior.

The PAX Behavior game:

- Increases psychological safety and flexibility;
- Richly reinforces prosocial behaviors;
- Reduces or minimized toxic influences; and,
- Limits problematic behaviors.

Some tools in the PAX toolkit include:

- PAX Vision
- I am a PAX Leader
- PAX OK/Spleems not OK
- Predict, Monitor and Reflect
- Tootles Notes
- PAX IT Notes
- Granny's Wacky Prizes (Brain Breaks)
- PAX Minutes
- ABCD Pinch Slates
- PAX Quiet
- PAX Hands
- PAX Breath (Turtle Breathing)
- PAX Aid for Anger
- PAX Stix
- PAX Voices
- PAX Roles
- PAX Feet
- Spleem Observations
- Beat the Timer

The East Glacier Park Grade School focuses on PAX Quiet, PAX Breath, and PAX Hands.

PAX Quiet



what you are doing



talking



raise your hand in PAX (peace)



eyes on adult.



Way to Go!

- Use the PAX poster to introduction PAX quiet and expectations.
- Initiate PAX quiet by blowing the harmonica once (low notes first) and raise your hand in PAX, OR by saying "Class Class"
- Praise students who raise their hands in PAX first.
- Thank all students for their quick response, even if their effort is not yet perfect.
- Use PAX quiet to gain attention before initiating a transition.

PAX Hands and Feet

Make peace, productivity, health and happiness for all.

PAX hands *never* hurt.

- Introduce PAX Hands and PAX Feet by referring to the poster(s)
- PAX Hands are folded.
- Brainstorm, model, predict, monitor, and reflect on using PAX Hands and Feet in various activities.

PAX Game: Beat the Timer

- Let students know they will be trying to beat the timer, or it can be secret.
- Start with a low time and work up to 40+ minutes over weeks/months based on improvement (how many games won.)
- Can make 3-4 teams with 3-4 students each and students get spleems for misbehavior. Students are not individually identified, just "Spleem for Team Red."
- Monitor behavior and give a verbal narration by identifying and thanking students for good PAX behaviors.
- Teams with three or less spleems in the time limit earn one of Granny's Wacky Prizes.
- Play at the same time each day.

Granny's Wacky Prizes/Brain Breaks/PAX Rewards

- Draw bag of written rewards for beating the timer/winning the PAX game.
- Examples include "shooting crumpled paper into the garbage can."
- Some teachers let students take a Brain Break with Go Noodle.
- A certain (chosen) number of points earns a weekly and/or monthly reward for the class.

PAX Breath

- Thumbs up.
- Arms crossed.
- "Smell the flower" breathe in through the nose over one thumb, then turn head.
- "Blow out the candle" blow out through the mouth over the other thumb.

PAX Stix (Popsicle Sticks)

- Use PAX Stix to select students for taking turns.
- Even if you have a student in mind, maintain the illusion that you are choosing the stick at random.

PAX Voices



is 0-inch voice (no sound)



is 3-inch voice (whispering only)



is 3-foot voice (normal talking)



is 10-foot voice (louder talking)

- Introduce PAX voices by referring to the poster, model each voice and corresponding hand signal, and explain when each might be appropriate.
- Encourage students to practice each voice with a partner.
- Allow students to predict what PAX voice would be best for each activity.
- Monitor students throughout the activity and provide feedback to help students evaluate their own performance.
- Reflect PAX voice performance at the end of the activity.

PAX Tootle Notes

- Introduce the process for writing Student-to-Student Tootle Notes by relating their experience with Adult-to-Student Notes.
- Use PAX Stix to chose random Tootle Buddies, giving each student another student to watch for PAX behavior throughout the day.

- Post helpful words for which to be on the look-out , such as friend, sharing, helpful, nice, responsible, or wonderful.
- Set aside specific time for students to write their Tootle Notes.
- Collect Tootle Notes and post them on the bulletin board outside the lunch room.

PAX OK/ Spleems Not OK

- Hang PAX OK/Not OK poster in a visible area for easy reference.
- Affix OK/Not OK cards to students' desks or tables and have lanyard card handy.
- Explain to students that you will use these to send messages.
- Model some behaviors that would receive OK Go PAX or Not OK/No Spleems.
- Allow the students to model OK/Not OK behavior while you demonstrate the use of the poster, desk cards, and lanyard.
- Use OK/Not OK cues to manage activities without verbal interruptions that distract students.
- Remind students that everyone spleems and that spleems are not always bad things. Spleems are just behaviors that we need less of to make a particular activity more wonderful. PAX and spleems change depending on their context.