

General Playground Skills and behaviours



Congratulations on your purchase. This set of **BEST Hero Bands** is a powerful way to give children positive and specific feedback about playground skills and behaviours that you want to see more of, to remind a child to show that attitude or behaviour or to reward it when it happens. Here's how to get the most out of each of the **BEST Hero Bands** in this set:

Band 1 - I AM RESILIENT

A demonstrated ability to tolerate, cope with, or even grow from an adverse playground happening (like being left out) deserves wearing this band. Use this band with the child who consistently demonstrates resilience and with the child who is not consistent with social resilience. Wearing the band draws positive attention to the times that children are showing self-awareness and self-management skills that help them to gain inclusion and peer acceptance.

Band 2 - SUPA THINKING HERO Yes I can!

Positive, optimistic and helpful internal dialogue - called Supa Thinking -helps to calm the brain and prompts positive feelings and behaviours. The child who demonstrates the ability to cope with common playground adversities and the child who needs a reminder should be awarded this band.

Band 3 - CALMING DOWN HERO Yes I can!

The child who is able to self-soothe and calm themselves down socialises and learns better. A life skill! This is the perfect band to use with a child prone to emotional meltdowns and outbursts to identify the times that they are demonstrating the ability to calm down and to remind them to do so when the going gets tough.

Band 4 - JOINING IN - Cooperative me

Getting into games isn't always easy and requires a child to manage themselves and others socially. For some children, learning and then using appropriate joining in skills requires explicit attention and reward to ensure that appropriate attempts at joining in are noticed and sustained.

Band 5 - FRIENDLINESS - Connecting with you

Showing friendliness allows children to feel comfortable and to join in. For some children, the journey to the Buddy Bench (or similar) is a well-worn path. Identifying patterns and processes of friendliness and 'catching it in the act' is a powerful reinforcer of this prosocial life skill.

Band 6 - ASSERTIVENESS - Sticking up 4 me

Easy? Not always. Necessary? Yes! Calmly and assertively managing difficulties is a necessary life skill. Positive assertiveness is not to be confused with whining, aggression and overly dramatic attempts to manage difficult situations. As a powerful bullying prevention strategy, noticing and rewarding true assertiveness helps all children to know what to do and when to do it.

Band 7 - KINDNESS - Caring for you

Kindness, compassion and empathy. The bullying antidote. Rewarding it helps it to happen even more. This band is a powerful reinforcer and rewarder of kindness when shown and it can also be used to encourage children who might sometimes struggle with showing kindness to be kinder and more compassionate.

Band 8 - INCLUDING OTHERS - Making space 4 you

It's not always easy to include others so when it happens, rewarding the behaviour helps it to happen again. Useful in team games, playground groups, when children have other children over to play—this band is a simple way to acknowledge the inclusion of others—even when it's hard and the child doesn't really want to.