

# How to get the most out of your **BEST HERO BANDS**



BEST Programs 4 Kids is world-leader in practical and current children's social and emotional wellbeing programs and services. The practical **BEST Hero Bands** provide clinically proven, tried and tested skill-building resources that positively support children's attitudes and behaviours.

## While you wait for your Hero Bands to arrive...

While you're waiting for your **BEST Hero Bands**, we have some ideas on how you can use them, which are outlined on the following pages.

## Changing attitudes and behaviours in child-centric ways

The **BEST Hero Bands** achieve impressive results because they are simple, and yet so powerful in helping children to identify, and be recognised for, the skills and behaviours that are contributing to their social and learning success.

This process of reinforcement is called '**Behaviour Specific Feedback**', and is THE most enduringly powerful way to positively shape behaviours and attitudes. In addition, not only is a child's social and academic performance improved, a positive classroom environment is engendered - and that's something from which everyone benefits.

The **Hero Bands** are a simple, effective and fun way for parents and educators to increase children's positive behaviours and attitudes, and will lead to greater social, emotional and learning success. Use them in a variety of ways to acknowledge specific behaviours that you've observed in the classroom and playground. As children watch their own and others' collections of **Hero Bands** growing, they will be positively motivated to earn more of the bright and colourful bands that also signify 'I'm skilled'.

## General and Highway Heroes specific choices

The **BEST Hero Bands** are applicable to any behavioural and emotional self-regulation program, with the General Playground (Set 1: 8 bands), General Classroom (Set 2: 8 bands) and General Emotional Resilience (Set 5: 8 bands) all acknowledging positive skills, attitudes and behaviours specific to those contexts.

The remaining Sets 3, 4, 5 and 6 acknowledge skills specific to [Highway Heroes](#) - a whole-of-school curriculum resource that teaches children the practical skills of social, emotional and learning wellbeing and resilience.

- 6 sets to choose from
- 8 bands in each set (excluding Set 6)
- Classroom & playground options
- General language or Highway Heroes specific language options



### **SET 1** - 8 bands

General Playground

### **SET 2** - 8 bands

General Classroom

### **SET 3** - 8 bands

Highway Heroes Playground

### **SET 4** - 8 bands

Highway Heroes Classroom

### **SET 5** - 8 bands

Emotional Resilience

### **SET 6** - 10 x single message

Highway Heroes

Available from:

[bestprograms4kids.com](http://bestprograms4kids.com)

# How to get the most out of your **BEST HERO BANDS**



## BEST Hero Band Sets

Whether you're a Highway Heroes school or not, there's a wristband in the range that will suit your needs. The BEST Hero Wristbands come in the following sets:

### Set 1 - 8 bands - General

#### Skills and attributes for the playground

I AM RESILIENT

SUPA THINKING HERO - Yes I can!

CALMING DOWN HERO - Yes I can!

JOINING IN - Cooperative me

FRIENDLINESS - Connecting with you

ASSERTIVENESS - Sticking up 4 me

KINDNESS - Caring for you

INCLUDING OTHERS - Making space 4 you



### Set 3 - 8 bands - Highway Heroes

#### Skills and attributes for the playground

I AM RESILIENT

SUPA THINKING HERO - Yes I can!

CALMING DOWN HERO - Yes I can!

SPICE Smile Praise Invite Chat Enjoy

TRIPLE A's Argue  Accept Assert

STRAIGHT TALKING Sticking up 4 me

SIX STEP STICK UP 4 ME Bullying - no way!

TRIPLE A's 4 TEASING Agree Ask a Question

Ask to Stop



### Set 5 - 8 bands - General

#### Emotional Resilience

I AM RESILIENT

I AM A SUPA THINKER

I USE CALMING DOWN THINKING

I USE CALMING DOWN BREATHING

Faces with emotions (5 feelings)

Emotional Thermometer number-line (1-10)

FEELINGS FAMILIES

I CAN TRICK SILLINESS



### Set 2 - 8 bands - General

#### Skills and attributes for the classroom

I AM RESILIENT

SUPA THINKING HERO - Yes I can!

CALMING DOWN HERO - Yes I can!

ORGANISED - Ready and sorted

CONFIDENT - Believing in me

PERSISTENT - Sticking with it

TEAM WORKER - Together we can

FOCUSED - On-task on-track

### Set 4 - 8 bands - Highway Heroes

#### Skills and attributes for the classroom

I AM RESILIENT

SUPA THINKING HERO - Yes I can!

CALMING DOWN HERO - Yes I can!

POP Planning Organisation Persistence

HEN Hardest Easiest Nearest

TRIPLE A's Avoid Approach Apply

GOAL SETTING Who What When

ON-TRACK THINKING Mistakes are part  
of learning

### Set 6 - 10 bands - Highway Heroes

"I am a Highway Hero"



BEST Hero Bands come individually packaged in sets as indicated. Each set is accompanied by helpful tips and suggestions for how to get the most out of your chosen set of bands.



## How to get the most out of your BEST Hero Bands

The BEST Hero Bands can be used as a one-time give-away or as repeated and returnable currency in the home or classroom. Using the principles of Behaviour Specific Feedback, when you 'catch a child' in the act of being resilient, kind, inclusive, assertive... and you notice that in a meaningful way for the child, it draws their attention to that behaviour and increases the likelihood of it re-occurring. It's a powerful way to reinforce positive attitudes and behaviours.

## Incentives for BEST Hero Band return and reuse

To assist the re-use and return process, your in-school reward program can be a way to acknowledge the award of a BEST Hero Band. For example, when a child who regularly struggles staying on-task and on-track in the classroom, does actually demonstrate that behaviour, they are awarded the 'Focus' band, which is then worn throughout the day, or for a period of it, and exchanged for a token which is added to their own - or that of a collective bank (eg., faction tokens).



## Use the BEST Hero Bands to facilitate discussion

At the end of a learning block or as children return from play, take the opportunity to showcase those children who have earned BEST Hero Bands. Discussions of which specific skills or behaviours they had demonstrated helps other children to identify how they can also earn a band. In a positive pay-it-forward way, children are then encouraged to be on the look-out for anyone who demonstrates that same behaviour or skill, and allocates their band to them in an agreed period of time. It's a fun, engaging and very visual way for children to learn self-management TOOLS and also to recognise and reward the positive skills and behaviours of others.

## The BEST ways to use the BEST Hero Bands

**Reward in the moment** – when a particular behaviour or skill occurs, immediately reward the child with the corresponding band of the behaviour that you are encouraging.

**Pay it forward** – Once a child is wearing a band, let them be in charge of paying the band forward to someone else who has also shown the same positive behaviour or skill.

**Peer mentoring** – the **BEST Hero Bands** can be used by student leaders both in the classroom and in the playground to identify wanted behaviours, and to reward the child demonstrating them.

**Reminders**—if you've been busy teaching a child how to be persistent, then wearing the band will remind them to show that skill. Visual and tactile reminders are the very BEST way to automate skills and behaviours.

# How to get the most out of your **BEST HERO BANDS**



The skills that children are learning everyday in the playground and in the classroom are ones that they'll be using for life! So, it makes sense to teach these skills to children so that they set out on the journey of life with a toolbox full of all the right skills, attitudes and behaviours that will help them to be success, to thrive and to flourish. We have resources for kids, families, educators and therapists—that really work!

## More wellbeing resources from BEST Programs 4 Kids

### Little Highway Heroes

Teaching 4 to 8 year old all about social, emotional and learning resilience has never been easier. The Little Highway Heroes kit comes with:



- 20 lessons
- 20 sing-along-songs
- 20 read-along-stories
- 9 plush puppets
- Parent handouts

### Highway Heroes

In 2 age groupings of Year 1-3 and Year 4-6, primary school children can learn the practical ways to manage themselves and others in these Modules:

- Sticking Up 4 Me; Beating Bullying & Taming Teasing
- Connecting 4 Friendship; Playground Resilience & Wisdom
- Tricks 4 Getting Things Done; The Secrets of Staying-power & Grit
- Strategies 4 Managing Me; Mood Management & Resilience



### BEST Thinking Spots

The BEST Thinking Spots will make your Buddy Bench or exclusion zone area a place where children learn to manage these 8 common playground experiences; Angriiness, Bossiness, being Left Out, Loneliness, Nosiness, not Playing by the Rules, Sadness and Silliness.



#### Other BEST resources

- [Little Highway Heroes](#)
- [Highway Heroes](#)
- [Kids & Parents Books](#)
- [Parent Mini-Guides](#)
- [Teacher Mini-Guides](#)
- [BEST Thinking Spots](#)

The BEST Programs 4 Kids website has a wealth of information about children, their families, schooling, resilience and wellbeing.

Read the blogs and peruse the resources - all based on current, research-based neuroscience findings and psychological theories.

Available from:  
[bestprograms4kids.com](http://bestprograms4kids.com)