

Highway Heroes Specific Playground Skills and behaviours



Congratulations on your purchase. This set of **BEST Hero Bands** is specific to the *Highway Heroes* curriculum and is a powerful way to give children positive and specific feedback about playground-based attitudes, skills and behaviours. Here's how to get the most out of each of the *Highway Heroes* specific **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 should be rewarded with 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 - SPICE - Smile Praise Invite Chat Enjoy

Making friends is a complex set of skills and the SPICE is a five-step friendliness formula. There are many intrapersonal and interpersonal reasons that children might have difficulty establishing friendships and this band is a reminder of the 5 steps to improving friendliness. A must wear for the Buddy Bench regular.

Band 5 - TRIPLE A's - Argue Accept Assert

Being refused entry into a game or managing friendship BUMPS requires eliminating pointless arguing and maximising self management - Accept and other management - Assert skills. This band reminds the child who resorts to arguing that there are other options and rewards the child who chooses to display those skills and attributes.

Band 6 - STRAIGHT TALKING - Sticking up 4 me

A direct approach to managing Friendship Flare-ups is called Straight Talking. No rumours or gossip—just straight to the source with a calm and confident message to stop behaving in that way. A much needed skill throughout life, this band rewards and reinforces this proactive, yet complex, social behaviour.

Band 7 - SIX STEP STICK UP 4 ME - Bullying—no way!

A child who knows how to prevent bullying is generally more protected from the behaviour. Early and effective management of bullying behaviours using the Six Step Up 4 Me should be encouraged and rewarded.

Band 8 - TRIPLE A's 4 TEASING - Agree Ask a Question Ask to Stop

Teasing—whether 'Cool' or 'Cruel' is best managed with strategies that empower a child to show resilience and assertiveness. The three actions taken when teasing happens makes sure that it's stopped in its tracks and reduces the escalation to bullying.