

POSITIVE BEHAVIOR SYSTEMS SET UP

➤ EASY TO IMPLEMENT

➤ CLEAR EXPECTATIONS

➤ 1-HOUR TRAINING

➤ PROACTIVE SUPPORT



Work Check

Name: Caroline Week of: September 18th

Place a check to show the level of work completion.

Monday	Tuesday	Wednesday	Thursday	Friday
Classwork ☒ All work turned in ☐ Some work turned in ☐	Classwork ☐ All work turned in ☐ Some work turned in ☐	Classwork ☐ All work turned in ☐ Some work turned in ☐	Classwork ☐ All work turned in ☐ Some work turned in ☐	Classwork ☐ All work turned in ☐ Some work turned in ☐
Homework ☐ Assignment not returned ☐ Assignment returned blank ☐ Work returned incomplete ☐	Homework ☐ Assignment not returned ☐ Assignment returned blank ☐ Work returned incomplete ☐	Homework ☐ Assignment not returned ☐ Assignment returned blank ☐ Work returned incomplete ☐	Homework ☐ Assignment not returned ☐ Assignment returned blank ☐ Work returned incomplete ☐	Homework ☐ Assignment not returned ☐ Assignment returned blank ☐ Work returned incomplete ☐
Second Chance ☐ Missing work reassigned ☐ Missing work pages provided ☐	Second Chance ☐ Missing work reassigned ☐ Missing work pages provided ☐	Second Chance ☐ Missing work reassigned ☐ Missing work pages provided ☐	Second Chance ☐ Missing work reassigned ☐ Missing work pages provided ☐	Second Chance ☐ Missing work reassigned ☐ Missing work pages provided ☐
Participation ☐ Worked alone ☐ Worked with partner ☐ Worked with a group ☐	Participation ☐ Worked alone ☐ Worked with partner ☐ Worked with a group ☐	Participation ☐ Worked alone ☐ Worked with partner ☐ Worked with a group ☐	Participation ☐ Worked alone ☐ Worked with partner ☐ Worked with a group ☐	Participation ☐ Worked alone ☐ Worked with partner ☐ Worked with a group ☐
Support ☐ Accepted help ☐ Refused help ☐ Help not required ☐	Support ☐ Accepted help ☐ Refused help ☐ Help not required ☐	Support ☐ Accepted help ☐ Refused help ☐ Help not required ☐	Support ☐ Accepted help ☐ Refused help ☐ Help not required ☐	Support ☐ Accepted help ☐ Refused help ☐ Help not required ☐
Notes				

Emotions Check

Name: Caroline Week of: September 18th

Place a check next to your current emotion(s) and the coping skills you want to use. Add your own words to the empty boxes if you have other emotions or coping skills.

Monday	Tuesday	Wednesday	Thursday	Friday
☐ Appreciative ☐ Calm ☐ Excited ☐ Happy ☐ Joyful ☐ Peaceful	☐ Appreciative ☐ Calm ☐ Excited ☐ Happy ☐ Joyful Loving ☐ Peaceful ☐ Relaxed ☐ Well rested	☐ Appreciative ☐ Calm ☐ Excited ☐ Happy ☐ Joyful Loving ☐ Peaceful ☐ Relaxed ☐ Well rested	☐ Appreciative ☐ Calm ☐ Excited ☐ Happy ☐ Joyful Loving ☐ Peaceful ☐ Relaxed ☐ Well rested	☐ Appreciative ☐ Calm ☐ Excited ☐ Happy ☐ Joyful ☐ Peaceful ☐ Relaxed ☐ Well rested

EASY - ORGANIZED - STRUCTURED

ON DEMAND TRAINING + TOOLKIT

ENDING THE BEHAVIOR BURNOUT CYCLE: Systems That Support Teachers and Improve Student Outcomes

Caroline Koehler
celavora.com

Everything Is Included

Walk away with ready to use supports

Best Practices for Behavior Interventions
Walkthrough Checklist
Behavior Chart
Cue Cards
Download Links to all Featured Resources

Name: _____ Date: _____

Day	Behavior
Monday	😊 😐 😞

DETAILED TRAINING WITH ALL POSITIVE SUPPORT MATERIALS INCLUDED

ORGANIZATIONAL SUPPORTS



Classroom Procedures



1. Be Kind

Be considerate of your classmates and teachers.



2. Respect

Be respectful of other people's property.



3. Listen

Be a quiet listener while others are speaking.



4. Ask

Raise your hand to speak.



5. Work

Do your work and get help if you need help.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:15	Arrival & Morning Routine	Arrival & Morning Routine	Arrival & Morning Routine	Arrival & Morning Routine	Arrival & Morning Routine
8:15-8:45	Morning Meeting & Calendar	Morning Meeting & Calendar	Morning Meeting & Calendar	Morning Meeting & Calendar	Morning Meeting & Calendar
8:45-9:45	ELA Block: Phonics, Reading, Writing	ELA Block: Phonics, Reading, Writing	ELA Block: Phonics, Reading, Writing	ELA Block: Phonics, Reading, Writing	ELA Block: Phonics, Reading, Writing
9:45-10:00	Brain Break/Movement	Brain Break/Movement	Brain Break/Movement	Brain Break/Movement	Brain Break/Movement
10:00-10:45	Math Block	Math Block	Math Block	Math Block	Math Block
10:45-11:30	Specials: Art	Specials: PE	Specials: Music	Specials: Library	Specials: Technology
11:30-12:15	Lunch & Recess	Lunch & Recess	Lunch & Recess	Lunch & Recess	Lunch & Recess
12:15-12:45	Read Aloud & Rest Time	Read Aloud & Rest Time	Read Aloud & Rest Time	Read Aloud & Rest Time	Read Aloud & Rest Time
12:45-1:30	Science Exploration	Social Studies	Science Exploration	Social Studies	STEM/Project Time
1:30-2:15	Centers/Choice Time	Centers/Choice Time	Centers/Choice Time	Centers/Choice Time	Centers/Choice Time
2:15-2:30	Clean Up & Dismissal Prep	Clean Up & Dismissal Prep	Clean Up & Dismissal Prep	Clean Up & Dismissal Prep	Clean Up & Dismissal Prep
2:30	Dismissal	Dismissal	Dismissal	Dismissal	Dismissal



Voice Level Procedures

4 Yelling
Emergency voice

3 Loud
Outside voice

2 Talking
Inside voice

1 Whisper
Soft voice

0 Silent
No voice



Restroom Procedures



1. Quiet

Keep your voice level at 0 or 1.



2. Think

Be responsible and make good choices.



3. Polite

Respect others' privacy.



4. Wash

Wash your hands with soap and water.



5. Dry

Dry your hands.

01 Classroom Behavior Framework: Examine environmental strategies. Check the items represented leaving those not observed blank. Establish action plans as necessary below.

Classroom Environment & Structure

☐ Clearly posted classroom rules, expectations, and procedures.
☐ Consistently reinforced routines and procedures.
☐ A structured environment with minimal distractions.
☐ Flexible seating or movement options for students.
☐ Daily schedule visual to students and staff.
☐ Visual schedules and timers to support transitions.
☐ A designated calming area or break space. (calm down corner)
☐ Noise levels managed with visual or auditory cues.
☐ Desk arrangements that promote focus and peer interaction.
☐ Clear procedures for transitions between activities.
☐ Engaging but not overstimulating visual displays.
☐ Visual supports for behavior regulation.

Engagement & Instructional Strategies

☐ Prevention of undesirable behavior.
☐ Interactive and engaging lessons that minimize off-task behavior.
☐ Differentiated instruction to meet individual learning needs.
☐ Opportunities for movement during lessons.
☐ Student choice embedded in learning activities.
☐ Small-group instruction used to provide additional support.
☐ Regular teacher check-ins to assess engagement.
☐ Concise and clear instructions given to students.
☐ Well-structured and efficient activity transitions.
☐ Encouragement of structured peer collaboration and teamwork.
☐ Use of various questioning techniques to maintain student attention.
☐ Behavior explicitly taught: role playing, scenarios, what would you do, review.

Action Plan: Identify your top 3 needs and how they will be met.

1

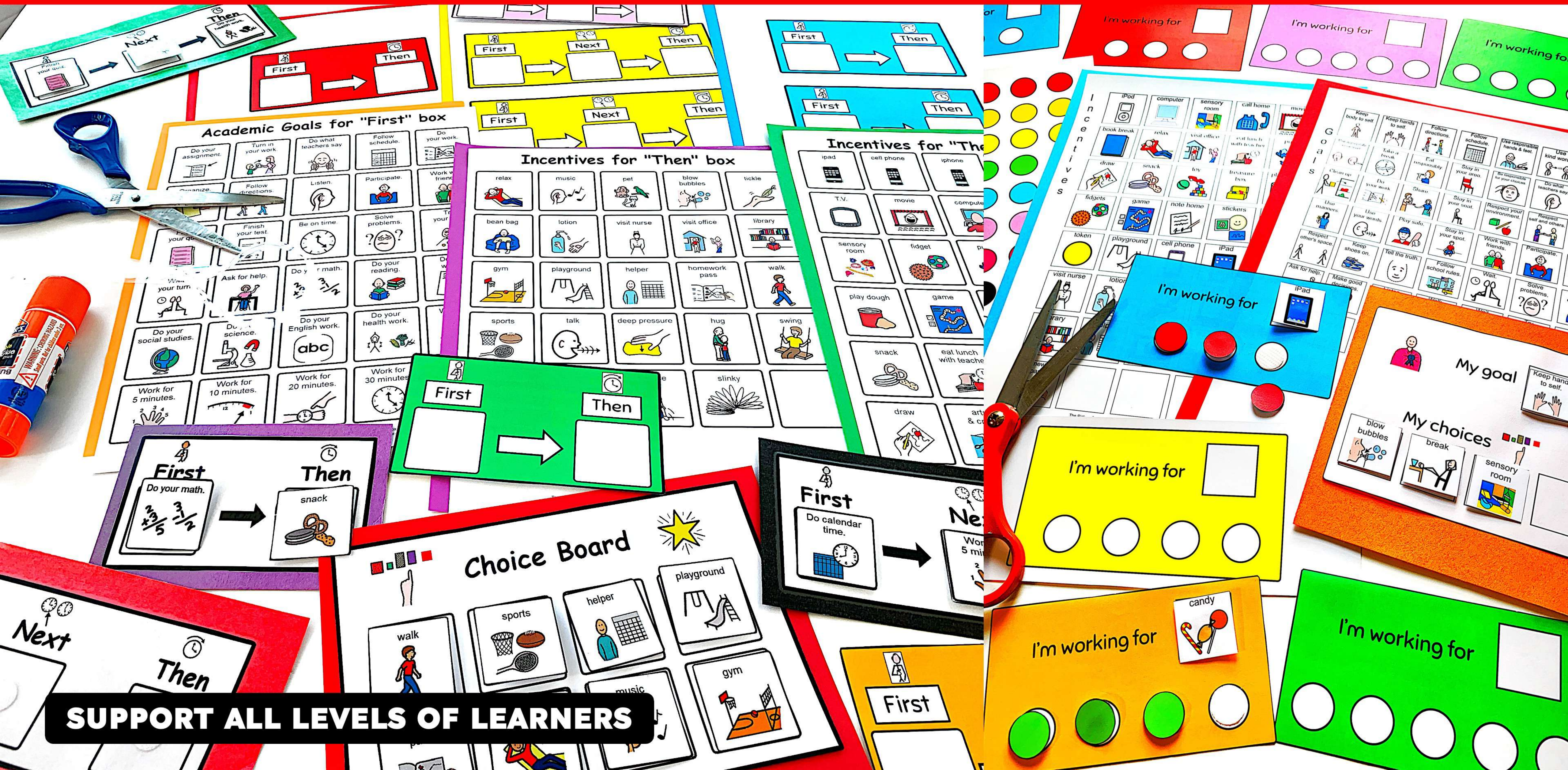
2

3

Example: Provide teachers with editable desk arrangement grids.

SAVE TIME WITH READY-TO-USE TEMPLATES AND CHECKLISTS

POSITIVE BEHAVIOR CHOICES



SUPPORT ALL LEVELS OF LEARNERS

TEACH APPROPRIATE BEHAVIOR SKILLS



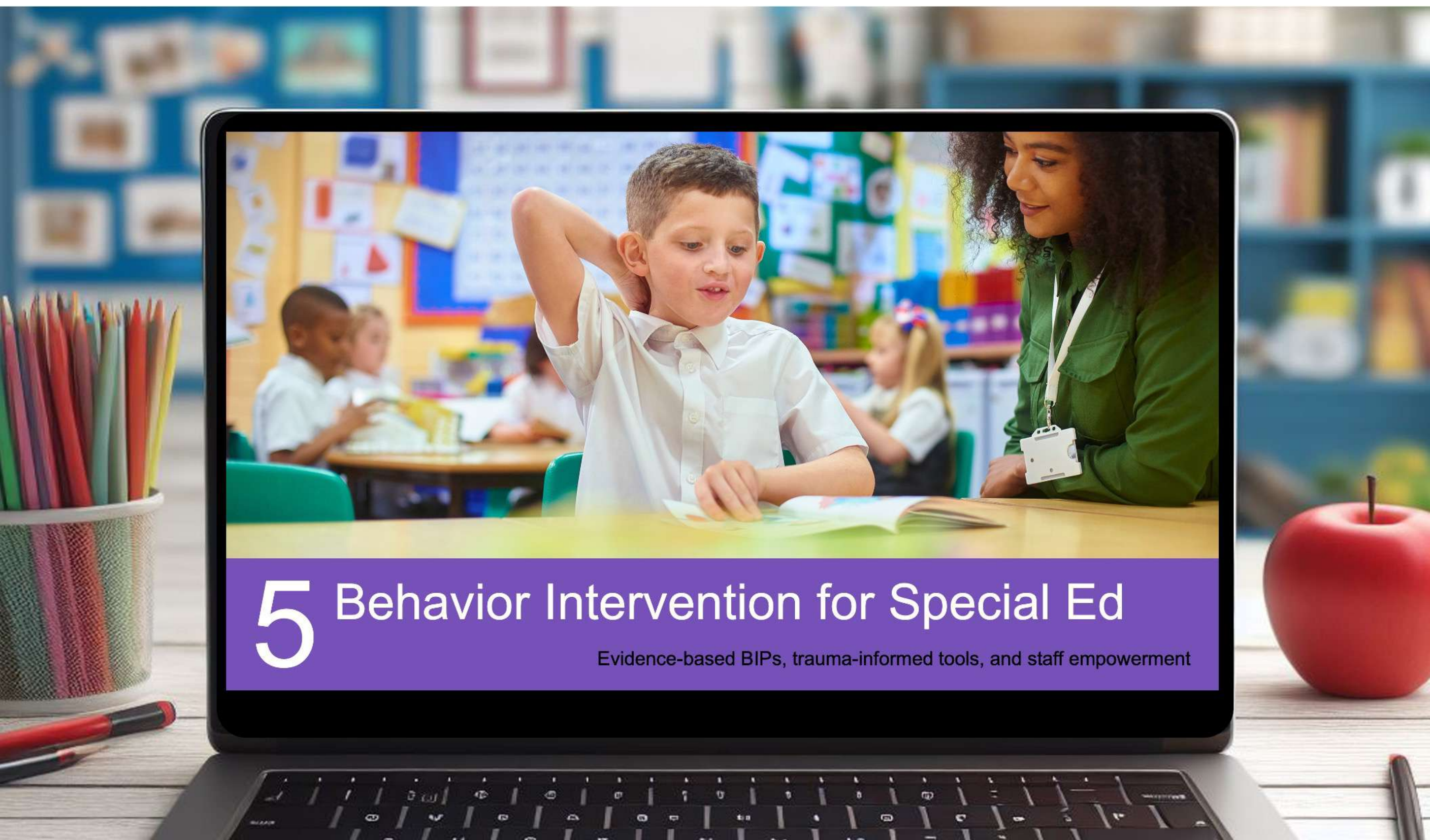
PERFECT FOR INTERVENTION STRATEGIES

TEACHER TRAINING + MATERIALS

- ✓ **On-demand Behavior Systems Training (under 1 hour)**
 - *Watch, learn, and start implementing immediately*
- ✓ **1 Month Access to SPED Up Paperwork Membership**
 - *Save hours on documentation, behavior tracking, and planning*
- ✓ **Teacher + Admin Approved for Class and Schoolwide**
 - *1 license per educator*

- ✓ **Done-for-you tools, visuals, + systems :**

- *Classroom procedures, rules, + expectation visuals*
- *Walkthrough forms and observation tools*
- *Daily schedules (general + special education)*
- *Digital, printable, and mini visual schedules*
- *SEL activities for anxiety and self-regulation*
- *Deep breathing and calming strategies*
- *Check-In/Check-Out systems*
- *Behavior interventions that TEACH skills*
- *Communication boards for emotions and needs*
- *Progress monitoring for behavior goals*
- *Cue cards (large + small visual supports)*
- *Written and picture behavior contracts*
- *Behavior Improvement Plans (BIPs)*
- *Functional Behavior Assessments (FBAs)*
- *Crisis planning and behavior incident reports*
- *Autism visuals mega bundle*
- *25+ reward charts and behavior tracking tools*
- *First Then boards + Token boards*
- *Dozens of social stories for real-life situations*



Stop Behavior Burnout. [Download NOW!](#)