The C.U.B. Model for Positive Behavior

C.U.B stands for: Competent, Useful, Busy!
Children behave well when they feel:
  ● Competent and successful (the feeling of “I did it!”)
  ● Useful (the feeling of “I’m needed!”)
  ● Busy (the feeling of “I’m engaged and focused”)

1. Structure reduces stress, so create a schedule every day for your children, even if ‘down time’ is on the schedule---check the Woodland Dist. 50 website for a great example of a daily schedule.
2. Use the C.U.B. (Competent, Useful, Busy) model for helping children stay positive and cooperative. Give them helping projects, chores, and activities to keep a positive, productive attitude. Cleaning and organizing are great ways for children to help. Allow all children, no matter their age or skill level to DO things at home.
3. Give positive attention and praise to CUB behaviors.
4. Do NOT give in to tantrums or cranky behaviors.
   When children get cranky, get BUSY!
5. Shape cooperation by slipping in small, helpful actions before giving your children things they want.