BEHAVIOR LADDER

POSITIVE CHOICES

Making It Right | Reflection Sheets | Rung Cards

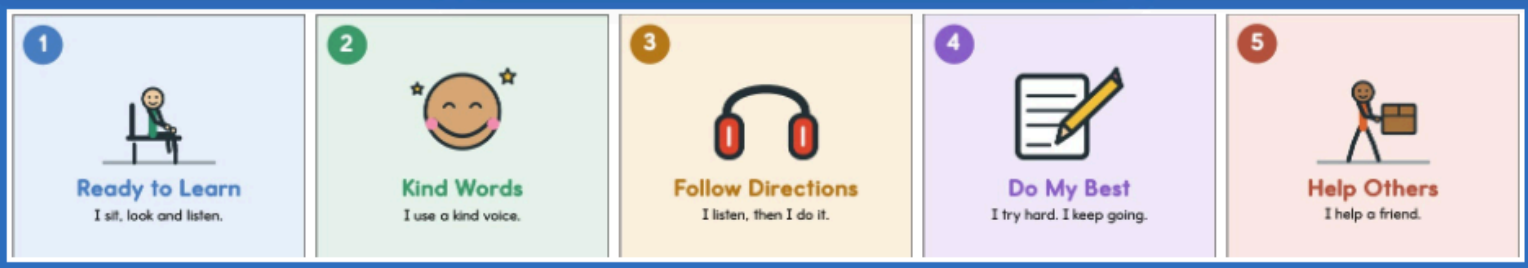






2 LADDERS + INK-SAVER

36 CUT PIECES



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- This file is for one classroom: one teacher, one group of students.
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This is a fillable PDF

- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a line or a box, type, and Save As.
- The name lines, the two blank ladders, the write-on rung cards, the name markers, the reflection lines, the class tally, the home note and every notes area are type-in fields. The posters are print pages. You can also print any page and write by hand.
- It works offline. No account, no subscription, no internet connection needed after you download it.

Print at 100 percent

Turn off fit to page and shrink to fit so the cut pieces keep their size. Every page is readable in black and white, and the posters and cut pages come in a color set and an ink-saver set. Posters look best on cardstock; cards children cut are fine on copy paper.

Need help?

If a field will not behave or a page will not print the way you expect, use Ask a Question on the product page before leaving a review. Every question is read, and a fix to the file ships as a free update.

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PREVIEW

How to Set Up the Ladder

One way to build it. Your room, your words, your choices.



Name markers (page 16)

Ana | Ben | Cy

Everyone starts the day on rung 1 and climbs. A marker on a clothespin or a sticky tab moves up, and it only moves up.

Five steps

- **Print and post.** Hang the Behavior Ladder (page 6 or 8) at children's eye level, with Making It Right (page 7 or 9) close by.
- **Make markers.** Cut the name markers (page 16), write each name, and tape each to a clothespin or a sticky tab.
- **Start every day on rung 1.** Ready to Learn. Children climb as they make positive choices. This is one way to run it; change it to fit your room.
- **Keep the way back up.** When something goes wrong, you and the child use Making It Right, when both of you are calm, and the reflection pages (18 and 19).
- **Make it yours.** The blank ladders (pages 10 and 11) take your own rung words.

Our school's own steps (in your school's words)

Your school or district decides what happens when a child needs more support. Write it here.

For a substitute or aide

Where the markers are kept

The rung we are practicing this week

Who to ask for help

PREVIEW

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BEHAVIOR LADDER

Positive choices: climb up!

5



Help Others

I help a friend.

4



Do My Best

I try hard. I keep going.

3



Follow Directions

I listen, then I do it.

2



Kind Words

I use a kind voice.

1



Ready to Learn

I sit, look and listen.

Climb one rung at a time.

PREVIEW

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BEHAVIOR LADDER

Positive choices: climb up!

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Ready to Learn

I sit, look and listen.

Climb one rung at a time.

PREVIEW

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Type your ladder's name

5

Rung name

What it looks like

4

Rung name

What it looks like

3

Rung name

What it looks like

2

Rung name

What it looks like

1

Rung name

What it looks like

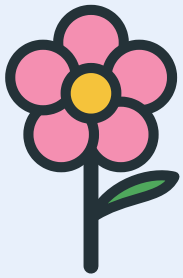
PREVIEW

Draw a picture in each box, or glue one on.

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Cut the cards. Climb the ladder.

1



Stop and Breathe

I take one slow breath.

2



Say What Happened

I tell it in words.

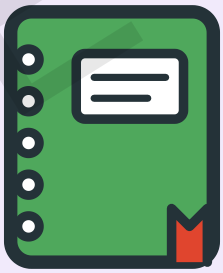
3



Make It Better

I fix it or say sorry.

4



Make a New Plan

I think of what to do next time.

5



Try Again

I climb back up.

My Own Rung

Rung name

_____

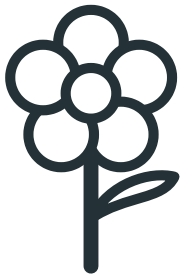
What it looks like

_____

PREVIEW

Cut the cards. Climb the ladder.

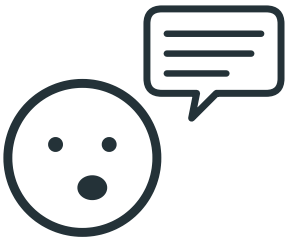
1



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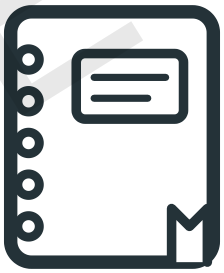
3



Make It Better

I fix it or say sorry.

4



Make a New Plan

I think of what to do next time.

5



Try Again

I climb back up.

My Own Rung

Rung name

_____

What it looks like

_____

PREVIEW

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My name _____

Color the rung you reached each day.



Ready to Learn



Kind Words



Follow Directions



Do My Best



Help Others

	Ready to Learn	Kind Words	Follow Directions	Do My Best	Help Others
Mon	1	2	3	4	5
Tue	1	2	3	4	5
Wed	1	2	3	4	5
Thu	1	2	3	4	5
Fri	1	2	3	4	5

PREVIEW

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My name _____

Circle how you feel.



Happy



Calm



Worried



Mad



Sad

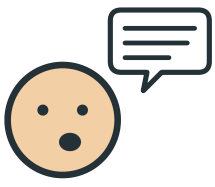
Draw what happened.

PREVIEW

Circle what you can do next time.



Stop and Breathe



Say What Happened



Make It Better



Make a New Plan



Try Again

Class Tally: The Highest Rung Each Day

At the end of each day, write the number of the highest rung each child reached. Count the days at rung 4 or 5.

Class _____ Teacher _____ Week of _____

Child	Mon	Tue	Wed	Thu	Fri	Days at rung 4 or 5

PREVIEW

The rungs (write the number for the highest rung each day)

1 Ready to Learn · 2 Kind Words · 3 Follow Directions · 4 Do My Best · 5 Help Others

A rung to teach again

_____

_____

A Note Home: Our Behavior Ladder

One page to send home when you start the ladder.

Date _____ Class _____ Teacher _____

Dear families,

Our room uses a behavior ladder with five rungs. Each rung is a positive choice we practice together, when everyone is calm. Children climb as they make those choices. Here they are:

- **Ready to Learn**: I sit, look and listen.
- **Kind Words**: I use a kind voice.
- **Follow Directions**: I listen, then I do it.
- **Do My Best**: I try hard. I keep going.
- **Help Others**: I help a friend.

This week we are practicing

_____

_____

You can try this at home

Pick one rung with your child. Notice it when you see it, and say what you saw: "I saw you ____."

_____

_____

A note from me (your words)

_____

_____

_____

Thank you, (teacher) _____ Family signature, if your school asks for one _____

PREVIEW

Phrase Bank

Fill each blank with what you really saw.

Noticing a positive choice

- "I saw you ____ (what the child did). That is rung ____."
- "You chose ____ (kind words, helping, trying). Thank you."
- "Look how far up the ladder you climbed today."
- "Tell me what you did that helped."

A calm reminder

- "Show me rung ____ (Ready to Learn, Kind Words)."
- "What does rung ____ look like right now?"
- "Let's try again together. I will help."
- "You can climb back up. Here is the first step."

Making it right (talk when calm)

- "Take one slow breath with me. Then tell me what happened."
- "Who was hurt or upset? What could help make it better?"
- "What is your new plan for next time?"
- "Our school's next step is ____ (your school's own words)."

Sentence starters for children

- I chose ____ today.
- What happened was ____.
- Next time I can ____.
- I will try again by ____.

For the note home

- This week we are practicing rung ____ (Kind Words, Do My Best).
- Your child climbed to rung ____ when ____.
- At home you can try ____ together (a kind word, one slow breath, helping).
- Thank you for ____ (what the family did to help).

PREVIEW