PBIS News Spring Break Fever: Thrills Not Chills

March is here and that means we are counting the days until the spring holiday. Whether your family will be jetting to distant lands or exploring your own backyard the third week of this month, thrills and chills are likely in store, and excitement and anticipation are probably building. How can we help our children stay focused and productive at home and school as they prepare for the vacation and regroup after returning to the usual routine? Here are three strategies we can try to help us make it through Spring Break Fever:

1. **Keep behavior expectations high and ramp up the rewards for positive behaviors**. When children stray from desired behaviors, give them a reason to do their best. Praise the behaviors you want to see and incentivize students to do their best every day by increasing rewards for positive, cooperative actions.
2. **Understand that students may have extra energy this time of year**. We can help them spend that energy in positive, productive ways. At school, students can clean out and organize their desks, team up to neaten the classroom, or compete for tidiest table. At home, they can straighten their toy bins or see who can vacuum a room the fastest. Working together to achieve a goal gives wiggly children a legitimate reason to walk and stretch.
3. **Add spring break spirit to ordinary activities.** Challenge children to help each other map out their upcoming (or recent) trips. Encourage them to share new experiences and to practice their conversation skills by asking questions. Acknowledge that we are all a bit distracted by the break and challenge your students to find fun and creative ways to share their excitement.

Spring Break Fever doesn’t have to give us chills! We can channel the excitement and enjoy thrills instead. We may all experience a few symptoms, but planning and a positive outlook may be just what the doctor ordered to help us survive Spring Break Fever season.