**Sample SOAR at HOME Matrix**

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Getting up in the morning** | **Getting to school** | **Clean-up time** | **Time to relax** | **Homework time** | **Mealtime** | **Getting ready for bed** |
| **S****Be Safe** | Wear clothes appropriate for the weatherWear tennis shoes on PE day | Wait at approved bus stopOnly walk parent-approved route | Ask permission before using cleaning products | Wear a helmet when riding bikes, etc.Get parent permission before going outside | Sit up straight and tall | Eat healthy meals and snacksGet parent permission before using the stove/oven | Be careful getting in and out of the bath or shower |
| **O****Be Responsible** | Make your bedClothes in hamper | Have your backpack, lunch, notes, keys by the door and ready to go | Do your chores | Clean up after yourselfPlay quietly | Put your things in your backpack when finished | Set the tablePut dishes away | Brush your teethDirty clothes away |
| **A****Be a Leader** | Get up on timeGet cleaned up and dressed on time | Be ready to leave on time | Clean up after yourself | Ask before you borrowAsk to change channels | Complete your homework on timeDo your best! | Use kind words and “I statements”Recognize mistakes and apologize | Get to bed on time!Turn on the alarm |
| **R****Be Respectful** | Try a morning SMILE!Thank your parents for helping | “Thanks for the ride”“Have a nice day” | Ask politely for help | Respect others’ thingsOffer to share | Ask for help respectfully“Thanks for the help” | “Please” and “Thank you”Use your napkin | End the day with nice words and thoughts |