**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 weather  Wear tennis shoes on PE day | Wait at approved bus stop  Only 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 snacks  Get parent permission before using the stove/oven | Be careful getting in and out of the bath or shower |
| **O**  **Be Responsible** | Make your bed  Clothes in hamper | Have your backpack, lunch, notes, keys by the door and ready to go | Do your chores | Clean up after yourself  Play quietly | Put your things in your backpack when finished | Set the table  Put dishes away | Brush your teeth  Dirty clothes away |
| **A**  **Be a Leader** | Get up on time  Get cleaned up and dressed on time | Be ready to leave on time | Clean up after yourself | Ask before you borrow  Ask to change channels | Complete your homework on time  Do 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’ things  Offer 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 |