



Sierra Middle School

Eagle Skills



Following Instructions

1. Look at the teacher.
2. Listen to what the teacher says.
3. Do what you have been asked right away.
4. Check back.

Appropriate Voice Tone

1. Listen to the level of voices around you.
2. Change your voice to match.
3. Watch and listen for visual and verbal cues and adjust your voice as needed.

Asking for Help

1. Look at the person.
2. Ask the person if they have time to help you.
3. Clearly explain the kind of help you need.
4. Thank that person for helping.

Asking Permission

1. Look at the person.
2. Use a calm pleasant voice.
3. Say "May I..."
4. Accept the answer calmly.

Disagreeing Appropriately

1. Look at the person.
2. Use a pleasant voice.
3. Tell why you feel differently.
4. Give a reason.
5. Listen to the person.

Staying on Task

1. Look at your task or assignment.
2. Think about the steps needed to complete it.
3. Focus all your attention on the task.
4. Stop working only when instructed.
5. Ignore distractions and interruptions from others.

Making an Apology

1. Look at the person.
2. Use a pleasant voice.
3. Say "I'm sorry for..." or "I want to apologize for..."
4. Explain how you plan to do better in the future.
5. Say "Thanks for listening".

Accepting Criticism or a Consequence

1. Look at the person.
2. Say "okay"
3. Stay calm and reflect

Listening

1. Look at the person who is talking and remain quiet.
2. Wait until the person is through talking before you speak.
3. Show that you heard them by nodding your head, saying "okay," "that's interesting," etc.

Making Restitution

1. Begin by making an appropriate apology.
2. Offer to compensate for any offenses you may have committed.
3. Follow through on restitution promises, or remove yourself.
4. Thank the person for allowing you to make compensation.

Getting the Teachers Attention

1. Look at the teacher.
2. Raise your hand and stay calm.
3. Wait until the teacher says your name.
4. Ask your question.

Working with Others

1. Identify the task to be completed.
2. Assign tasks to each person.
3. Discuss ideas in a calm quiet voice and let everyone share their ideas.
4. Work on tasks to be completed.

Having a Conversation

1. Look at the person.
2. Use a pleasant voice.
3. Listen to what the other person says.
4. When there is a break in the conversation, ask a question or share your thoughts.

Accepting "No" for an Answer

1. Look at the person.
2. Say "okay".
3. Stay calm.
4. If you disagree, ask later.

MYOB: Mind Your Own Business

1. When people are having a conversation that does not involve you, mind your own business.
2. Do not involve yourself in arguments between others.
3. Walk away.

Resisting Peer Pressure

1. Look at the person.
2. Use a calm voice.
3. Say clearly you do not want to participate.
4. Suggest something else to do.
5. If necessary continue to say no.
6. Leave the situation.

Greeting Others

1. Look at the person.
2. Make eye contact.
3. Use a pleasant voice.
4. Say "Hi" or "Hello."

Controlling Emotions

1. Learn what situations cause you to lose control or make you angry.
2. Monitor the feelings you have in stressful situations.
3. Instruct yourself to breathe deeply and relax when stressful feelings begin to arise.
4. Re-word angry feelings so they can be expressed appropriately and calmly to others.
5. Praise yourself for controlling emotional outbursts

Responding to Teasing

1. Remain calm, but serious.
2. Assertively ask the person to stop teasing.
3. If the teasing doesn't stop, ignore the person or remove yourself.
4. If the teasing stops, thank the other person for stopping and explain how teasing makes you feel.
5. Report continued teasing to an adult.

Positive Behavior Interventions and Supports