

## Essential Behavior Skill: Matching Exercise

This matching exercise is an easy way for students to learn and begin applying their new behavior skills. The exercise instructions follow.

1. Have students independently, in partners, or in groups look up definitions of two behavior skills using appropriate online searches each week for four weeks (for eight skills total).
2. On one index card, they should write a definition of the skill and what it should look like in the school setting and in the community. On another index card, they should write the name of the skill. At the end of the four weeks, the students should have a total of eight skill definition cards with examples and eight skill name cards.
3. Allow students to play a memory game. Have them spread out their cards face down on a table and take turns turning over two cards at a time, trying to get a match. The student with the most matched cards at the end of the game is the winner. Either all the students choose from everyone's cards, or students play in their pairs or groups from step 1 so this game goes more quickly.
4. When they're done playing, provide a prompt for them to talk or write about their learning. (For example, To what extent did this matching exercise help you learn the importance of mastering this schoolwide essential standard—self-monitoring?)