

Michigan Public Schools

PRIDE and Wellness

PBIS Acronym

Suggested activities related to the PBIS acronym

P Participate in Play	<ul style="list-style-type: none"> * Play with a pet * Play a game * Build something * Play-Doh, putty or clay * Pretend * Practice a musical instrument * Go outside * Build a fort
R Respect & Connect	<ul style="list-style-type: none"> * Video chat with a family member * Play a game * Create a home photo booth * Read together * Cook or bake together * Indoor picnic
I Inner Strength	<ul style="list-style-type: none"> * Use deep breathing * Take a short nap * Snuggle under a warm blanket * Do a puzzle * Listen to music * Color a picture
D Determination to Learn	<ul style="list-style-type: none"> * Read books and magazines * Write a story, poem, or song * Journaling * Virtually explore museums exhibits * Write a letter to a friend or family member
E Excellence & Exercise	<ul style="list-style-type: none"> * Stretching * Hide and Seek * Yoga * Dancing * Ride a bike * Take a walk * Indoor obstacle course * Have exercise challenges * Do chores! Clean your bedroom

This is an example of how a school can incorporate Wellness into their school-wide PBIS initiatives. The school used the acronym PRIDE, including the keywords, and added suggested activities for students and staff. The school also chose to introduce one part of the acronym each week and supplied 1-2 online resources for families during the stay-at-home period.

Elementary PRIDE and Wellness

Week 1: Participate in Play

- [Creative ideas for play](#)

Week 2: Respect & Connect

- [Make Appreciation cards](#)

Week 3: Inner Strength

- [Caring for Each Other \(Sesame Street\)](#)

Week 4: Determination to Learn

- [Visit the San Diego Zoo](#)

Week 5: Excellence & Exercise

- [Family-friendly activities](#)

Secondary PRIDE and Wellness

Week 1: Participate in Play

- [100 Fun Summer Ideas for Teens and Tweens](#)

Week 2: Respect & Connect

- [Ways to stay connected](#)

Week 3: Inner Strength

- [Self-care for teens](#)

Week 4: Determination to Learn

- [Explore museums from all around the world](#)

Week 5: Excellence & Exercise

- [Get Active!](#)