

Habit Stacker List Provided by
Lincoln Early Childhood Center, Westfield Public Schools

-  1. Habit Stacking: Pair the new behavior with an existing routine (e.g., “Each time I transition between subjects, I will deliver 2 positive comments”).
-  2. Visual Reminders: Use sticky notes, posters, or desk prompts with phrases like "4:1 = Positive Culture" or “6 in 15” placed in high-traffic areas of the classroom or on teacher clipboards.
-  3. Timed Prompts: Set recurring timers every 15 minutes to check in and reset focus on delivering 6 positive interactions during that window.
-  4. Simple Tracking Tools: Use tally charts, wrist clickers, or an app to quickly track positive comments vs. corrections. Tracking builds awareness and accountability.
-  5. Accountability Partners: Pair teachers with a colleague to reflect weekly on progress, set micro-goals, and celebrate wins together.
-  6. Set Micro-Goals: Use informal shout-outs, badges, or incentives when teachers hit implementation milestones (e.g., “3 days in a row of 6:1!”).
-  7. Model and Video Reflect: Watch peers or videos demonstrating strong use of 4:1, or record and reflect on one’s own interactions to build self-awareness.
-  8. Connect to Purpose: Reinforce the “why” with data, stories, and student outcomes. Remind staff how this habit builds trust and classroom community.
-  9. Celebrate Progress: Use informal shout-outs, badges, or incentives when teachers hit implementation milestones (e.g., “3 days in a row of 6:1!”).