“The PAX Good Behavior Game (PAX GBG) is an environmental intervention used in the classroom with young children to create an environment that is conducive to learning. The intervention is designed to reduce off-task behavior; increase attentiveness; and decrease aggressive and disruptive behavior and shy and withdrawn behavior. The intervention also aims to improve academic success, as well as mental health and substance use outcomes later in life. PAX GBG evolved from the original Good Behavior Game developed and studied with fourth-graders in the 1960s.

The intervention includes a set of evidence-based strategies called "kernels" and a classroom game intended to increase self-regulation and cooperation and decrease unwanted behaviors called "spleems." The teacher first applies the kernels in the classroom. These kernels, some of which were developed for another NREPP-reviewed intervention, PeaceBuilders, include transition cues (PAX Quiet); written notes (Tootles) praising positive behavior; use of a timer to decrease the time needed for task completion (Beat the Timer); random calling of students during lessons (PAX Stix); and rewards in the form of brief and fun activities that are normally not allowed in the classroom, such as tapping a pencil on the desk or throwing paper balls (Granny's Wacky Prizes). The teacher also works with the students to establish a shared language and expectations about classroom behavior.” In my class there is one call and response, “one two, eyes on”…kids answer with “you.” Then I say, “5, 4, 3, 2, 1.”

“After these kernels are integrated into classroom activities, the game is played in two to five teacher-selected heterogeneous teams that are changed on a regular basis.” My groups are table groups and it follows them through out the day, even if we are sitting at the rug. You have to remember what table group they sit at. Each day, the game is announced and played three times. Initially, the game is played for only a few minutes at a time when the children are engaged in simple tasks. As students improve at the game, the game is played for longer periods and during different activities and times of day. During the game, the teacher identifies and counts each unwanted behavior. At the end of the game, the teams with three or fewer infractions receive a reward, typically an activity selected from Granny's Wacky Prizes. In my classroom it usually is five minutes extra at recess. The group that gets 4 spleems walks for the extra 5 minutes. While doing yoga it could be extra time with the glow balls.

Sometimes kids cannot be in a group and he/she is their own group. Entry into the group is always available. I still use a breathing chair for these kids when a time out is necessary.