



PBISApps Community

Check In Check Out

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Welcome!

Tell us something positive
you've learned or
experienced with Check In
Check Out



Today's Plan



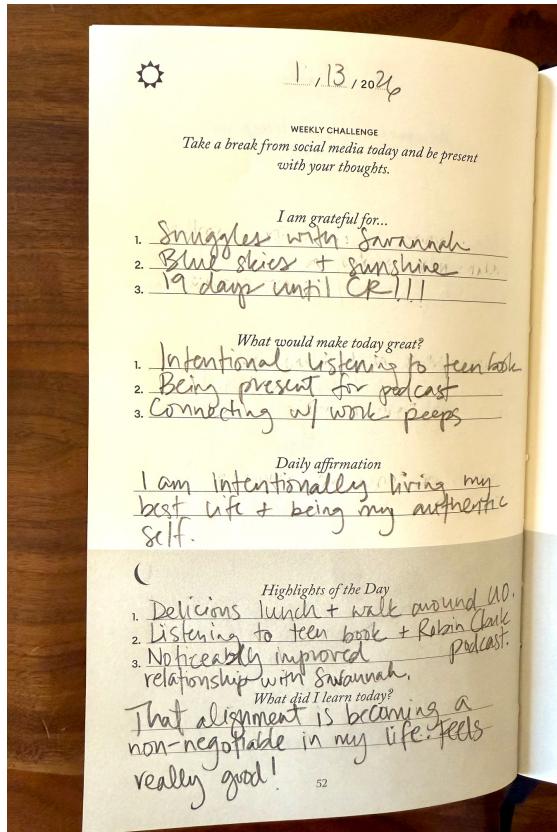
Check In Check Out

1. Key features and how it works
2. Common issues to consider
3. Open discussion and problem solving



Timberline Lodge
Mt. Hood, Oregon

Danielle's Journalling Journey



“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

Will Durant

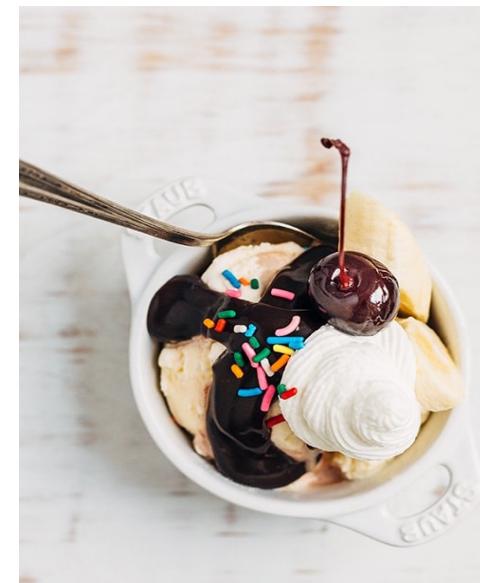
Layering of Tiers



Tier 1



Tier 2

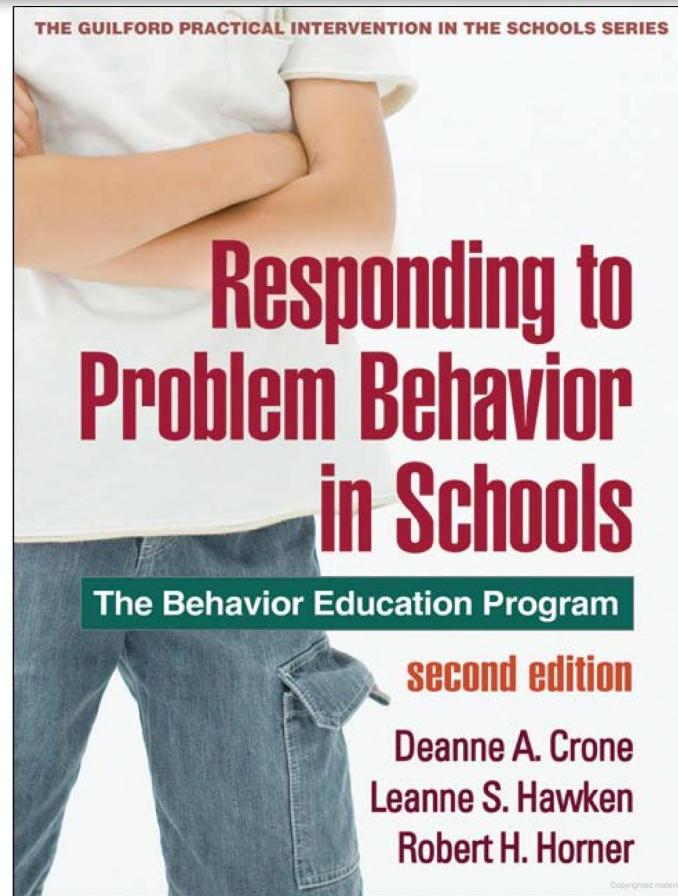


Tier 3

Key Features of CICO



1. Efficient for large groups of students (e.g., 10%-15% of student population)
2. Effective for 65%-75% of students identified as needing Tier 2 support
3. Daily “check-in” and “check-out” with respected & encouraging adult(s)
4. Start each activity/class period with **positive** staff-student interaction
5. Increase frequency of **contingent feedback** from teachers/supervisors



Nomination and Implementation

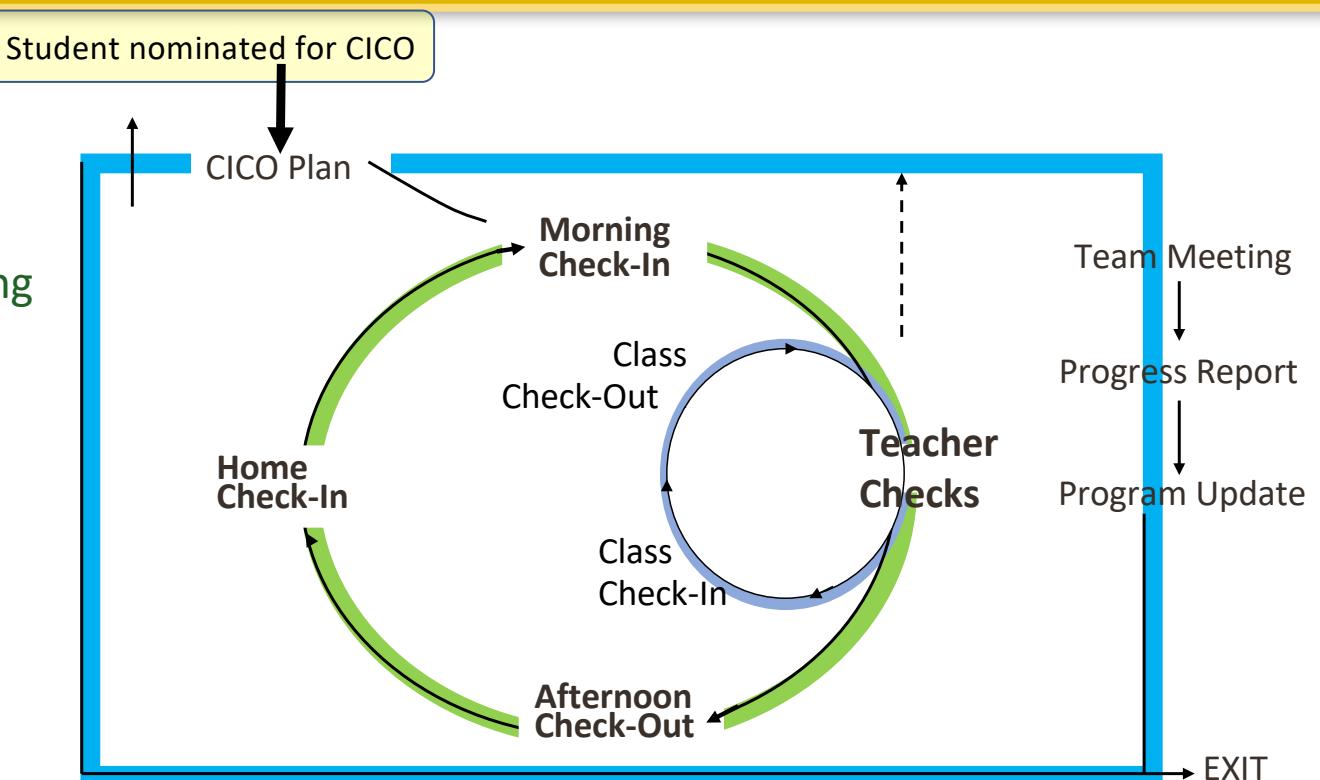


Nomination Process

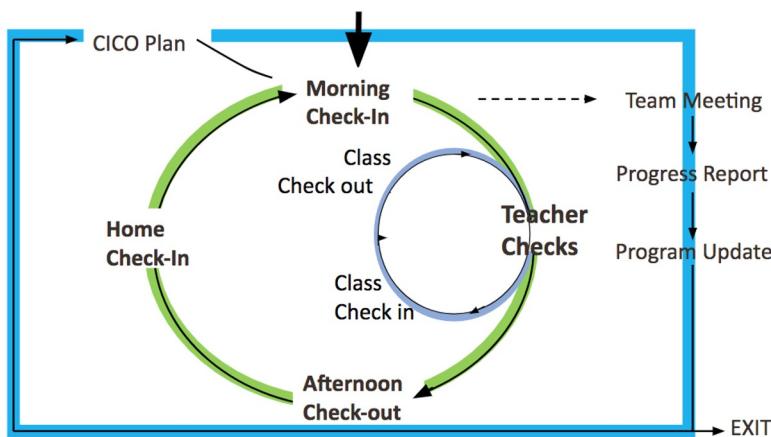
- ODR level/Screening
- Request
- Review/Approval

CICO Implementation

- Student invitation within 3 days
- Orientation



Morning Check-In & Afternoon Checkout



Meetings are often less than 2 minutes each and include only positive interactions

Morning check-in routine

Greet, assess, prepare or redirect students

Students are “set up for success”

Provide positive recap from previous day

Identify goal and incentive for the day

Give card and remind them to return at check-out

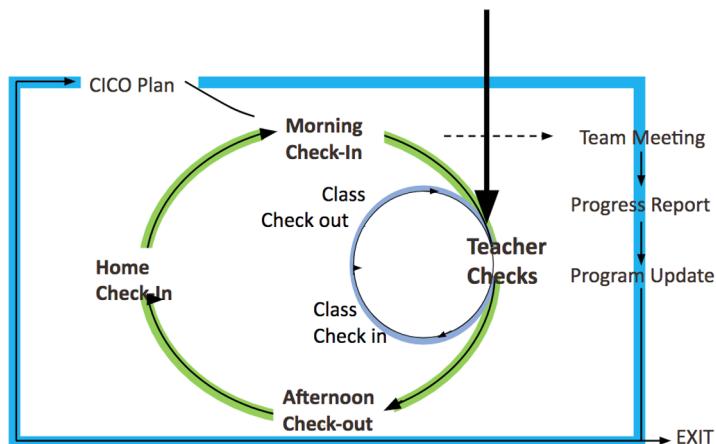
Afternoon check-out routine

Collect progress card

Calculate percent of points

Give positive feedback and acknowledge success if student checks-out in person

Student-Teacher Checks



Student

Greets teacher upon entering class
Demonstrates expected behaviors
Recruits teacher's feedback at end of class

Teacher

Greets student upon entering class
At end of class:

- Scores the card
- Provides positive and specific feedback

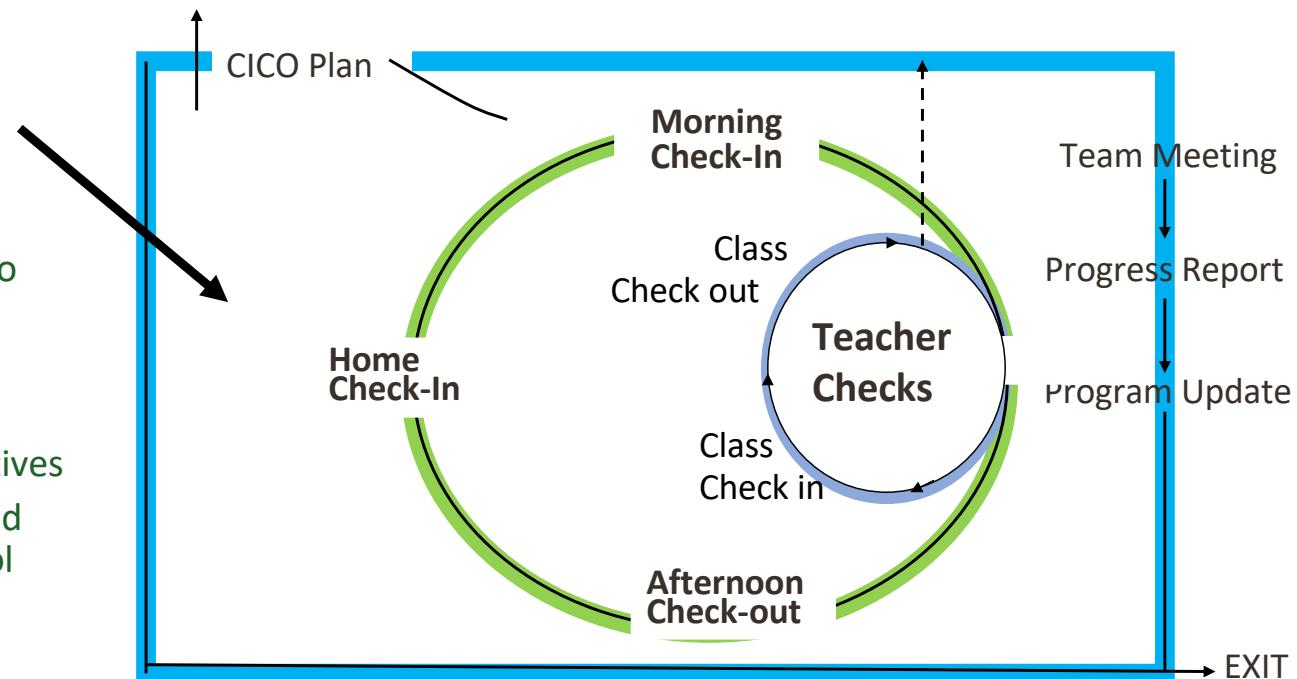
Teacher checks are often less than 1 minute each and include authentic performance feedback delivered calmly and positively

Home Check Ins



Home Check-In

- Student gives DPR to parent
- Parent praises/encourages
- Parent avoids negatives
- Parent signs DPR and sends back to school



Example Daily Progress Reports



H.U.G. Progress Report

Name _____	 = 2 points	Points received _____																								
Date _____	 = 1 point	Points possible _____																								
Goal _____	 = 0 points	Daily Goal reached? Yes No																								
<table border="1"> <thead> <tr> <th>Goals</th> <th>Morning</th> <th>PE/Music</th> <th>Reading</th> <th>Math</th> <th>Afternoon/Res.</th> </tr> </thead> <tbody> <tr> <td>1. Be Safe (Keep hands, feet and objects to self.)</td> <td>  </td> <td>  </td> <td>  </td> <td>  </td> <td>  </td> </tr> <tr> <td>2. Be Kind (Use kind words and actions.)</td> <td>  </td> <td>  </td> <td>  </td> <td>  </td> <td>  </td> </tr> <tr> <td>3. Be Responsible (Be on task/follow directions.)</td> <td>  </td> <td>  </td> <td>  </td> <td>  </td> <td>  </td> </tr> </tbody> </table>			Goals	Morning	PE/Music	Reading	Math	Afternoon/Res.	1. Be Safe (Keep hands, feet and objects to self.)	  	  	  	  	  	2. Be Kind (Use kind words and actions.)	  	  	  	  	  	3. Be Responsible (Be on task/follow directions.)	  	  	  	  	  
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Comments: _____

Parent Signature: _____

More examples here:
<https://www.pbisapps.org/resource/cico-point-card-examples>

ROCK Report

Name _____	2 = Great	Points received _____																																				
Date _____	1 = Almost	Points possible _____																																				
Goal _____	0 = Try Again	Daily Goal met? Yes No																																				
<table border="1"> <thead> <tr> <th>Goals:</th> <th>Morning Work</th> <th>Reading</th> <th>Math</th> <th>Lunch</th> <th>PE/Music</th> <th>Spelling/Writing</th> <th>Resource RTI</th> <th>Afternoon</th> </tr> </thead> <tbody> <tr> <td>1. Be Safe (Keep hands, feet and objects to self.)</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>2. Be Respectful (Use kind words and actions.)</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>3. Be Responsible (Be on task/follow directions.)</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>			Goals:	Morning Work	Reading	Math	Lunch	PE/Music	Spelling/Writing	Resource RTI	Afternoon	1. Be Safe (Keep hands, feet and objects to self.)									2. Be Respectful (Use kind words and actions.)									3. Be Responsible (Be on task/follow directions.)								
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Comments: _____

Parent Signature: _____

CICO Home Report

Name: _____ Date: ____/____/____

I met my goal today!

I had a hard day today.

One thing I did really well today is _____

Something I will work on for tomorrow is _____

Comments: _____

Parent Signature: _____

Morning and Afternoon Mentors



Goal: Bookend the day by dosing up teaching expectations and providing positive feedback with a caring adult

Who is doing this in your schools?

What's working well?

How do students get matched with this person?

What logistics are in place to get kids where they need to be?

Potential Hurdles



Goal: Be proactive to set everyone up for success. Predict and plan for things that could be hurdles to staff feedback and DPR completion.

What happens when there is a sub?
What is the plan for early release days?
What about kids arrive who arrive late?
Or leave early for an appointment?
What should kids do if they lose the DPR?

“If we can predict it, we can prevent it.”

Billie Jo Rodriguez

Critical Practices



PERSONALIZED WELCOME

Brief, positive, & personalized.
Build rapport

FREQUENT AND ONGOING FEEDBACK

Constructive, regular & immediate
From teachers & CICO staff

POSITIVE REINFORCEMENT

Positive attention & reinforcement when students meet their daily behavioral goals.

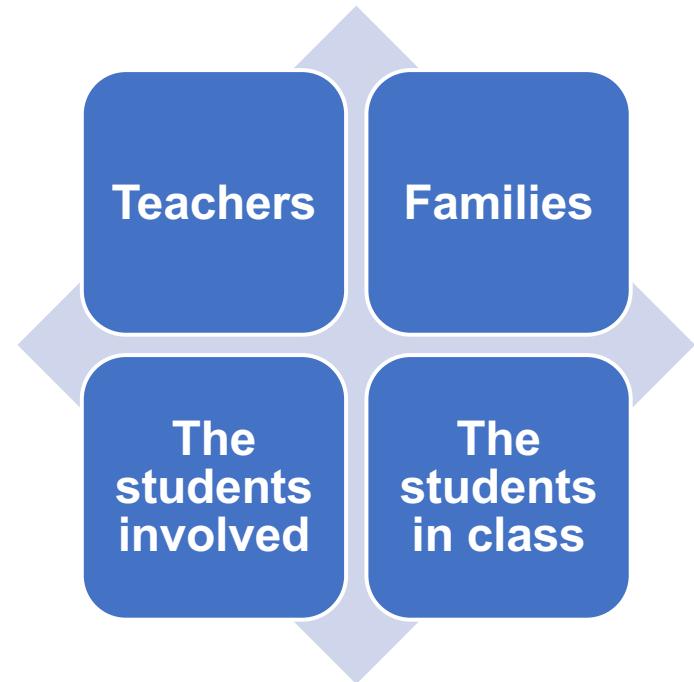
PARENT INVOLVEMENT

Parental permission, buy-in, & active participation to create a **supportive home environment**.

FADING AND GRADUATION

Plan for gradually reducing the intensity of the intervention & **celebrating successful graduation from CICO**

What's In It For Me?



Resource: Teach By Design



Cooking with Fidelity: How Smart Adaptations Improve Tier 2 Outcomes

Adaptation and fidelity are two concepts that seem to run counter to each other, but they can actually work together. Check out how you can use data to help you decide which adaptations to make and when to make them.



By Megan Cave | January 13, 2026

Resources: Training and PD



pbis.org



Complete Training Catalog

Live Trainings and
Webinars

Online
Courses



Register for any of the
upcoming in-person or
online training events.



Get started with any
of our self-guided
training modules.

Facilitator Training Events

SWIS Certification

CICO-SWIS Certification

I-SWIS Certification

EC-SWIS Endorsement

Upcoming Events

[All Deliveries ▾](#)

PBISApps Community

SWIS Facilitator and Data Coach Training

Tiered Fidelity Inventory 3.0 Overview

SWIS Equity Reports and the Data Drill Down Process

Resources: Training and PD



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Rooted in Relationships: Building Community for Sustainable PBIS

Strong connections, strong systems, strong futures.

April 29 – May 1, 2026 | Spokane Convention Center

About the Conference

The Northwest PBIS 2026 Conference brings together educators, school leaders, family partners, and community members to explore how positive relationships form the foundation for thriving PBIS systems. This year's theme, *Rooted in Relationships*, highlights the critical role of trust, collaboration, and shared purpose in building strong school communities that support every learner.

pbisnetwork.org



NEPBIS

Northeast Positive Behavioral Interventions and Supports

Mark Your Calendars!

**The 2026 NEPBIS Leadership Forum will be held
May 14th and 15th, 2026 in Mystic, CT**

Registration and access to a discounted hotel room block
will open in January, 2026

Registration for the full 2026 conference: \$395
Pre-conference workshops: \$275

nepbis.org

Resources: Training and PD



Wrap up with Intention



What stuck with
you the most
from today's
session?

Contact info:
training@pbisapps.org

Bonus Time!



11:00-11:15 open for questions, problem solving, resource sharing, etc.