



**pax tools**  
Good Behavior Game

# User Guide



# User Guide

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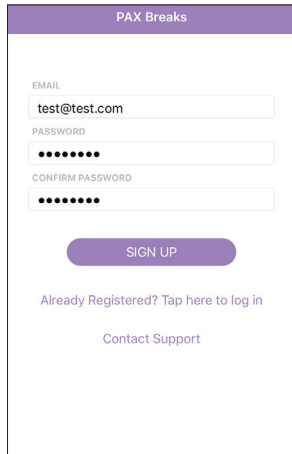
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**Welcome to the PAX Tools App**, designed to help families and other groups to discover and use tools and strategies for more Peace, Productivity, Health and Happiness.

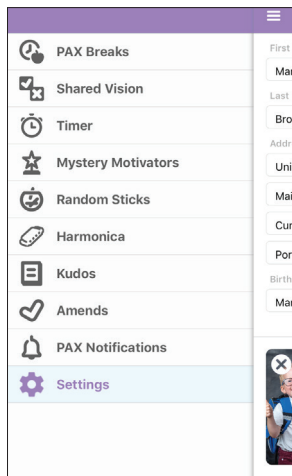
### Acquiring the App

This app is available for free in the Google Play store and the Amazon App Store for Android phones and tablets and on the Mac App Store for Apple iPhones and iPads. See the system requirements on the relevant product pages.



### Registration and Login

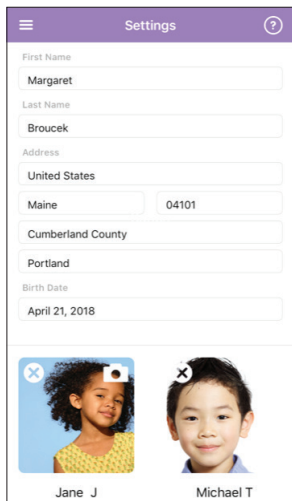
On first use, you will need to set up your password, so if you are on the screen that has the **Login** button on it, then tap on **“Need an account? Sign up”** and type in your email and password (twice). Then tap on **Sign Up**. After the first use, you can just enter using the Login screen (you may need to tap on **Tap here to log in.**)



### Main Menu

Access the Main Menu by tapping on the menu symbol in the upper left corner of the screen. The app has nine main areas:

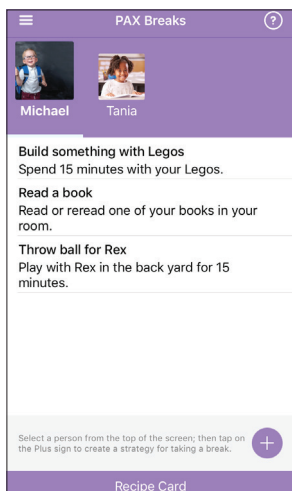
- **PAX Breaks:** When tensions are high, here you can create and access strategies for taking a break for each member of your group.
- **Shared Vision:** As a group, create a set of expectations for wanted and unwanted behaviors in various settings.
- **Timer:** Here you can use a stopwatch see how long it takes to do something (and possibly improve on the time taken) or a timer to set an amount of time for a given activity.
- **Mystery Motivators:** Create and generate random prizes for celebrations.
- **Random Sticks:** Randomly select a child for any situation.
- **Harmonica:** Play a harmonica sound to get children's attention without yelling.
- **Kudos:** Learn how to reward and motivate with positive notes.
- **Amends:** Create and randomly generate tasks that people can do to make amends for unkind/unwanted behaviors.
- **PAX Notifications:** Here you can see messages from PAXIS Institute.
- **Settings.** This is where you set your group up in the app.



## Setting up Your Group in the App

On first use, the app will open to the Settings screen where you fill in your name, address and birthday (optional) and then tap on the **plus sign** to set up each child and/or adult in your family or group. Tap on the **camera icon** to take or upload a photo of each person. Finally, tap on **Save** in the top right corner of the screen.

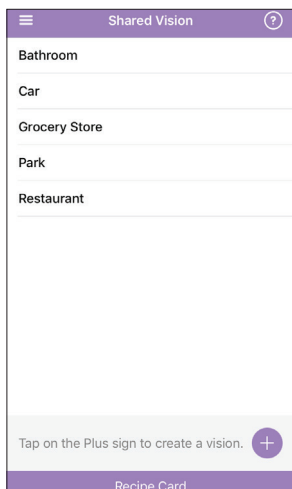
If you wish to change any information later, you can access this screen by tapping on **Settings** in the main menu.



## Creating Breaks for Each Member of the Group

Tap on **PAX Breaks** in the main menu to access the screen where you create strategies for taking a break for each person in your group. First, select a person from the top of the screen by tapping on the **person's photo** (you may need to scroll to see all of them). Then tap on the **plus sign** to create the strategies for that individual. (You will name and describe each strategy and then tap on **Save**.) To delete a break, swipe left (for Apple) or right (for Android) on the name.

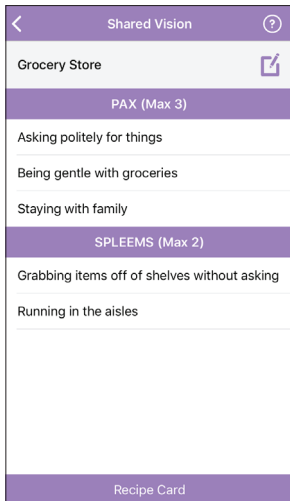
Tap on the **Recipe Card** button at the bottom of the screen to read tips on how best to use this feature with your group.



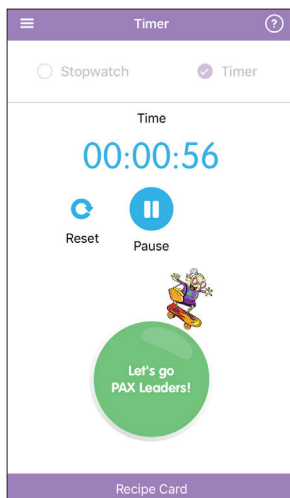
## Designing a Shared Vision for Various Settings

Tap on **Shared Vision** on the main menu to create a list of PAX (desired behaviors) and Spleems (undesired behaviors) with your group for different settings. Tap on the **Recipe Card** button at the bottom of the screen to read tips on how best to use this feature with your group.

Create a setting by tapping on the **plus sign**, then type in the name of a setting and tap on **OK**.



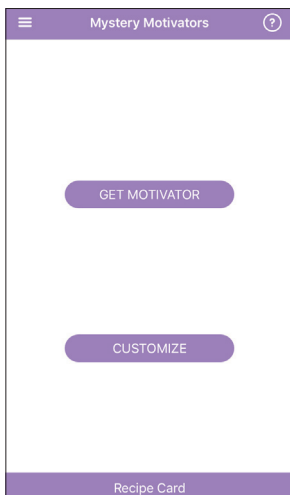
Then tap on the **plus signs** next to the PAX and Spleems headings to add wanted and unwanted behaviors for that setting. To delete a setting, swipe left (for Apple) or right (for Android) on the name.



## Using the Timer/Stopwatch

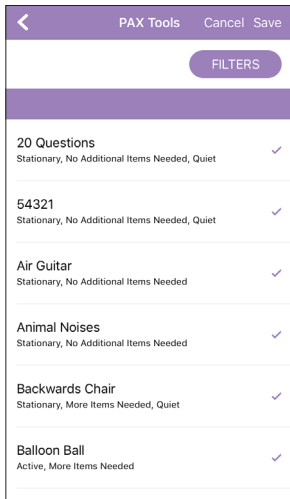
Select **Timer** from the Main Menu and then choose whether the **Stopwatch** (counting up from zero) or the **Timer** (counting down from a chosen time) is more appropriate for the activity. Tap on **Stopwatch** and on **Start** to see how long it takes to do something. To set an amount time for a task, tap on **Timer**. Then tap on the **hours:minutes:seconds** display to set the desired time (the default is one minute) and tap on the **Start** button. To reset the time, tap on **Reset**.

Tap on the **Recipe Card** button at the bottom of the screen to read tips on how best to use this feature with your group.

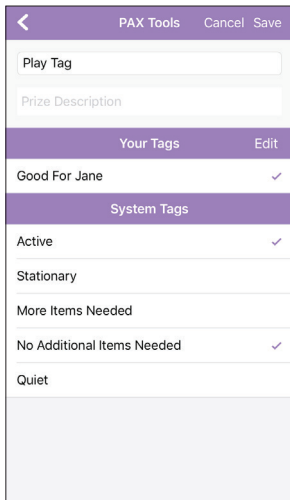


## Creating and Selecting Mystery Motivators

This feature is available by tapping on **Mystery Motivators** on the main menu. Tap on the **Recipe Card** button at the bottom of the screen to read tips on how best to use this feature with your group. Tap on **Get Motivator** to generate a random prize to reward and reinforce PAX behaviors. A list of filters/tags will then appear that you can select from to narrow the list of possible prizes. Tap on a **filter/tag** to select or deselect it; then tap on **OK**. The default tag is All Prizes.



To add to or delete possible prizes in your prize bank, tap on **Customize** and then on **Edit** in the upper right. Tapping on a filter then deselects it or selects it for your prize bank. Then tap on **Save**. You can also review the prizes as grouped by filter by tapping on **Filters**.



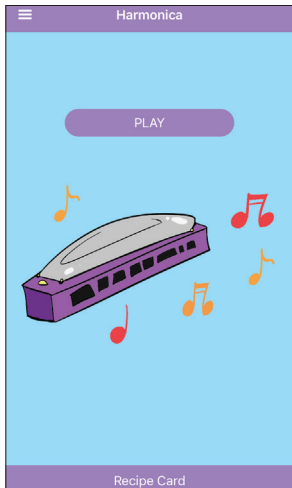
To add your own prizes, tap on the **plus sign** in the upper right. Then name and describe your prize and select the appropriate **filters/tags** by tapping on them. You can add your own tags by tapping on **Edit** next to the Your Tags heading, and then tapping on **New Tag**, naming the tag and tapping on **OK**. Then tap on **Save**.



## Using Random Sticks for Random Selection

This feature is available by tapping on **Random Sticks** on the main menu. If you have more than one child set up in the app, you use this feature to randomly select a child for something that could otherwise cause an argument, like who goes first in a game. Simply tap on **Who's Next?** and one name will appear at random. (Go to **Settings** on the main menu to add children to your group.)

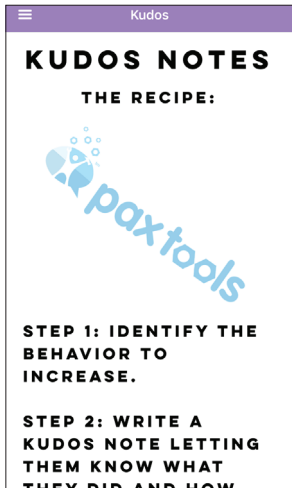
Tap on the **Recipe Card** button at the bottom of the screen to read tips on how best to use this feature with your group.



## Using the Harmonica to Get Children's Attention

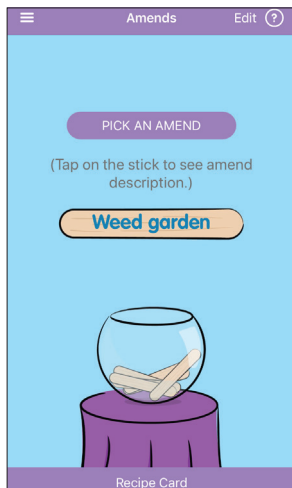
Tap on **Harmonica** on the main menu to play a harmonica sound to help with transitions or redirecting children's attention.

Tap on the **Recipe Card** button at the bottom of the screen to read tips on how best to use this tool.



## Using Kudos for Positive Reinforcement

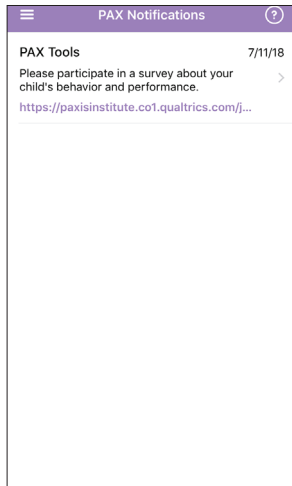
Tap on **Kudos** on the main menu to learn how to use this powerful tool.



## Creating and Selecting Amends

This feature is available by tapping on **Amends** on the main menu. Then tap on **Edit** and then on the **plus sign** to create each task in a list of tasks that can be done to make amends for unkind/unwanted behaviors. Tap on **Save** after each task has been named/described. Then tap on **Pick an Amend** to randomly generate a task.

Tap on the **Recipe Card** button at the bottom of the screen to read tips on how best to use this feature with your group.



## Viewing PAX Notifications

Tap on **PAX Notifications** on the main menu to see messages from PAXIS Institute.

## Logging Out

Scroll down to the bottom of the Main Menu to log out of the app.

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