Distance Learning with PAX

PAX Hands and Feet

PAX Hands and Feet is used to ensure safe, on-task activity for everyone's hands and feet. PAX Hands and Feet teaches body awareness and respect for everyone's personal space. They promote classroom safety and ensure everyone is on the same page with physical expectations in each setting.

Why students need PAX Hands and Feet:

Students spent a long time away from their friends during quarantine and are understandably excited to see one another – even online. Reinforcing PAX Hands and Feet with the PAX Vision is vital in keeping students healthy as well as determining the personal space of students exposed to trauma during quarantine.

Changes you may need to consider for using PAX Hands and Feet upon your return:

- Use PAX Hands and Feet in the online environment as it applies to students staying on task. This may include staying on the correct website or keeping their hands, feet and body free from distraction while working.
- Establishing PAX Hands and Feet during a quick verbal PAX Vision helps to use time most efficiently and promotes self-regulation.

PAX Hands and Feet helps students right away:

- They will become more mindful of physical space.
- They will fidget and disturb others less.
- They will require less guidance and corrective feedback.

PAX Hands and Feet helps students in the long run:

- They will actively engage in safe, helpful activities.
- They will avoid behavior that may be viewed as bullying or aggressive.

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