

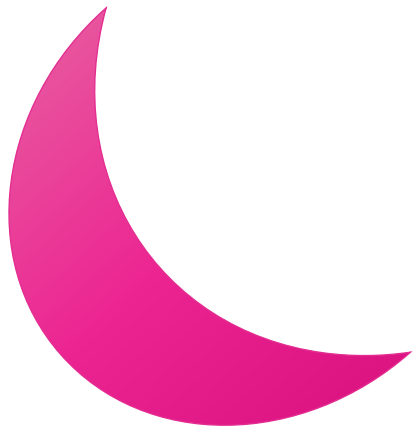
# Routines, Rituals and Rules – Can these tools help eliminate behavior issues?

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# Today's Objectives

- Schedules, routines, rituals and rules are essential to the success of a young child.
- Components of developing schedules, routines, rituals and rules.
- Flexibility is key.



# How Do We Provide a Safe, Positive, Consistent and Predictable Space?

## Activity

- Daily Schedule
- Daily routine
- Consistent rules
- Simple rules



What is a routine?

A sequence of actions regularly followed, a fixed program.

What is a ritual?

...consisting of a series of actions performed according to a prescribed order.

What is a rule?

one of a set of explicit or understood regulations or principles governing conduct within a particular activity or place.

So, What is a Schedule?



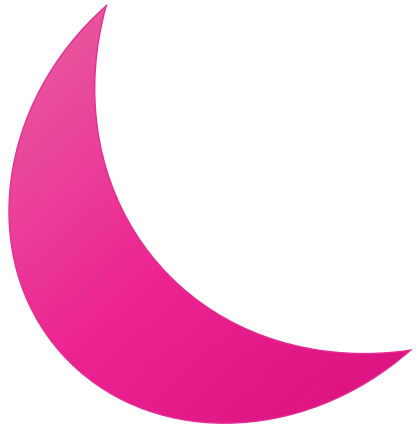
# Routines vs. Schedules

- The terms routines and schedules are often used interchangeably.
- Schedules represent the big picture—the main activities to be completed daily.
- Routines represent the steps done to complete the schedule.



# Daily Schedule

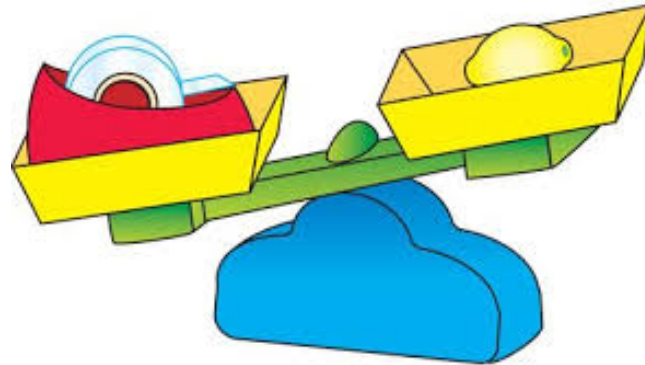
- Blocks of time for classroom activities
- Sequence of classroom activities
- Preschool schedules typically include
  - Group Time
  - Choice Time
  - Snack Time
  - Outdoor Play
  - Story time





# Things to Consider When Developing a Daily Schedule

- Balance of activities
- Number of activities available
- Number of Adults
- Child's development age
- Child's level of alertness
- Child's culture and language



# What Makes A Good Daily Schedule?

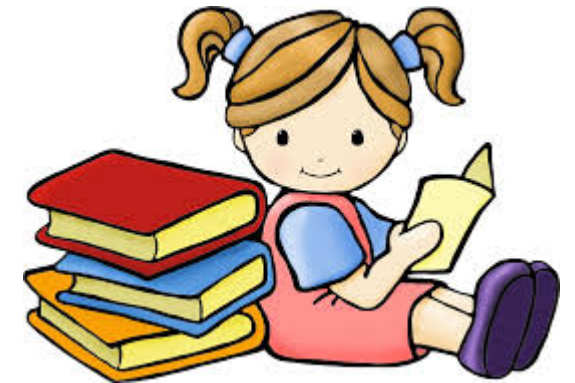
## Balance of Activities

- Active and Quiet
- Large Group and Small Group
- Indoor and Outdoor
- Child-Directed and Teacher-Directed
- Visual Cues – picture schedule



## Creating A Daily Schedule

Activity



# Routines

- Activities and procedures that occur regularly
- Often involve a series of responses
- Preschool routines typically include the steps involved to satisfy the scheduled activity.



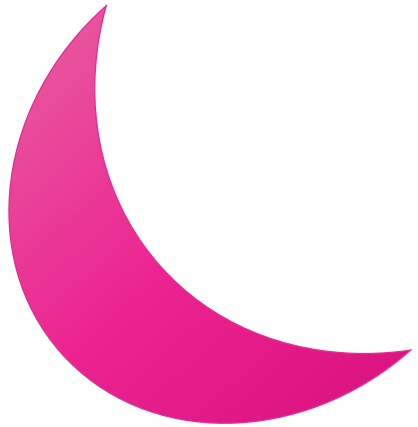


# Example

## Story Time

1. Gather on the carpet
2. Get comfortable
3. Stay in one spot
4. Open your listening ears
5. Listen to the teacher read
6. Look at the pictures
7. Answer questions

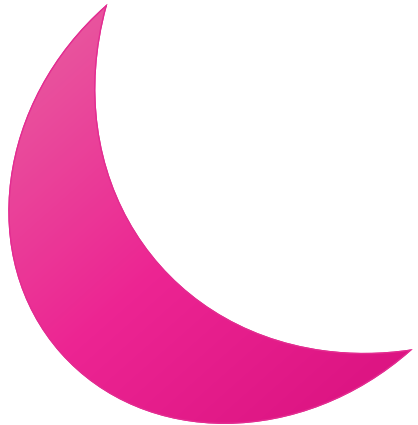
Activity





# Why are Routines and Schedules Important?

- They influence a child's emotional, cognitive and social development.
- They help children feel secure.
- They help children understand expectations.
- They help reduce behavior problems.
- They can result in higher rates of engagement.



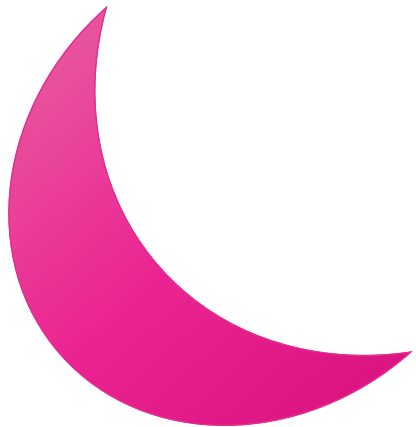
# How do we teach routines and schedules?

- Routines and schedules need to be taught directly.
- Routines and schedules may vary.
- Based on level of children's interest.
- Should be inherently flexible (to allow for fire drills, field trips, etc.)
- Never ASSUME children will know how to do something.





Challenge	Cause	Solution
Children get restless and lose interest during circle time		
Too many children at one center		
Children play with their snack food		
Children do not pay attention during story time		
Children are restless during nap time		



# Rituals

## What is it?

A classroom ritual is the process in which you complete a task.

## Example

Using a marker





# Using a Marker

Selected the color

Take the cap off the marker tip

Put the cap on the back of the marker

Use the marker

When you're done return the cap to it  
marker tip

Put the marker back in its place

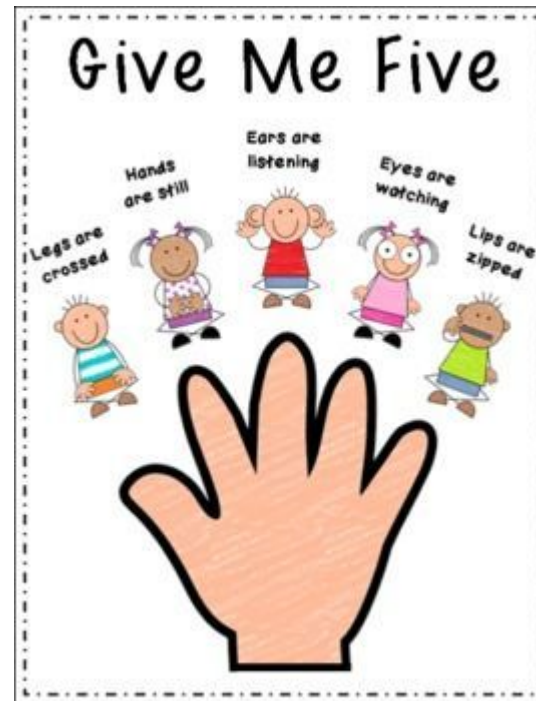
Activity



# Rules – What are rules?

One of a set of explicit or understood regulations or principles governing conduct within a particular activity or place.

Know the Rules





Thinking about rules...

Why do we have them?

Why are they important?

What do they do for our students?

Classroom?

culture?

What rules do you have for your classroom?

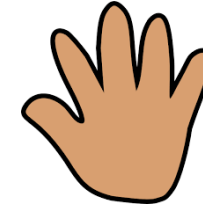


Activity



# Ideal Classroom Rules

We Take Care Of Ourselves



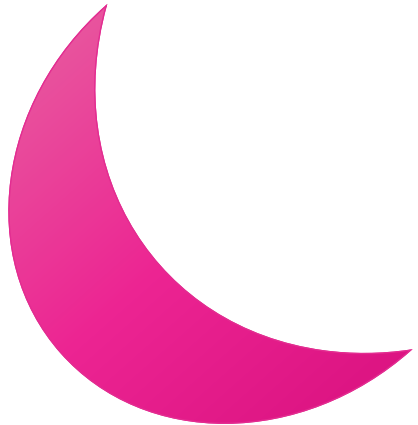
We Take Care Of Each Other



We Take Care Of Our School



We Take Care Of Our World



# Classroom Rules I use at the beginning of the year

No Yelling



No Fighting



No Kicking



No Hitting



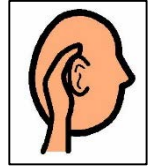
No Running Inside



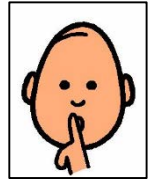
No Pushing



Listening Ears



Quiet Voice



Walking Feet Inside



Hands To Yourself



Be Kind To Others





# Academic Article Review

- Routines: Why They Matter and How to Get Started
- Creating Routines for Love and Learning
- Using Routines-Based Interventions in Early Childhood Special Education
- Family Routines and Rituals – A Context for Development in the Lives of Young Children

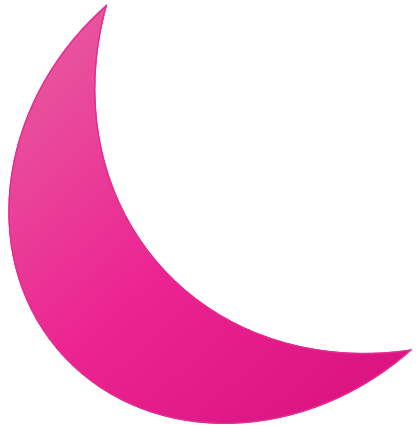




# Informing Parent

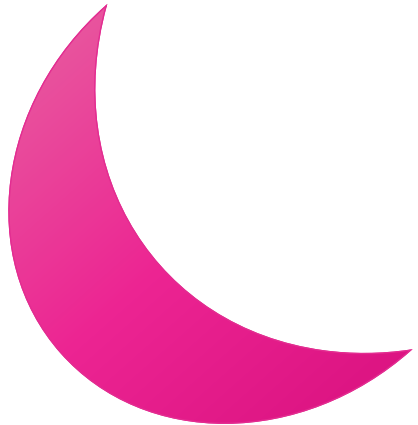
So, how do we teach parents and families about the importance of schedules, routines, rituals and rules?

Activity



If All Else Fails –

Sing and Dance



# The Pirate Song

When I was one I had some fun on the day  
I went to sea.

I jumped aboard a pirate ship and the  
captain said to me.

“Oh you go this way, that way, forward,  
backward, over the deep blue sea.”

