



Equipment	Chart paper, marker
Learning Outcome	Identify, develop, and implement activities with classmates to support classroom routines.
COVID-19 Safety Precautions	Remind students to keep a safe physical distance from each other.

Flipped Classroom Strategy (Optional)

A flipped classroom is an instructional model where direct instruction is delivered to students *outside of and before* instructional time. Students are introduced to content that supports the introduction, comprehension, and recall of content and then instructional time is utilized to apply, analyze, synthesize, or evaluate content.

Before implementing this activity during instructional time, create a video or written instructions to share with students about considerations for developing daily routines. Share with students that routines are a pattern of events completed regularly in order to help regulate behaviours and establish a sense of normalcy. Invite students to think about different routines they currently have in their life. It may be routines for screen time, getting ready in the morning, or a bedtime routine.



Activity Description

If utilizing a flipped classroom approach, remind students to consider what they learned or reviewed about routines before the activity. If not utilizing a flipped classroom approach, provide students an overview of considerations for developing daily routines. Share with students that routines are a pattern of events completed regularly in order to help regulate behaviours and establish a sense of normalcy. Divide students into pairs to brainstorm different routines they currently have in their lives. It may be routines for screen time, getting ready in the morning, or a bedtime routine.

Bring the group back together and share with the class that it can be beneficial, especially during times of uncertainty, to have regular routines. Explain that routines at school are also important and can help students know what comes next in the day, make sure everyone feels that they belong, and to more than their academic development.

Explain to students that they will work together as a whole class to brainstorm activities they can develop together as part of a classroom routine. Lead a brainstorming activity with the class to share ideas for classroom routines. Examples of activities include:

- Morning Mindfulness
- Body Breaks
- Empathy Check-ins
- Brain Boosters
- Monday Morning Story Sharing

Once students have shared ideas, discuss which activities would be best utilized and when, how often, and where these activities will take place. Share with students that these are important factors for developing the routine. Invite students to be involved in the planning of the activities for the routines. This could mean developing questions for empathy check-ins or set researching different mindfulness resources to use. Provide students a choice with how to get involved and ensure that each student has a role. Get creative as a group and share in the planning and implementation of the activities.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking students the reflection questions below and discuss the answers together.

- How could you apply or use some of these activities at home?
- How do you think routines connect to stress and anxiety?

Observing Learning Outcomes

Consider the following when observing student learning:

- Is the student able to successfully demonstrate engagement in the class brainstorming session?
- Is the student able to successfully contribute to the planning and implementation of the classroom routines?

Connecting to PHE At Home Learning

The following PHE At Home Learning activity can be utilized by students at home or modified for use during instructional time in order to extend learning.

[Rise and Shine Activities](#)