

**CHAMPIONEERS!**

*Best Routines for Emotionally Safe Learning*

# PEACEFUL MORNINGS HAPPY DAYS!

Make life easier with simple routines to help children learn



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## A Free Gift from **Champions!eers!**

Emotional Safety Education and Campus Culture Development Systems for Happy, Healthy Homes and Schools!

Hello Parents and Caregivers!

Did you know consistent routines are essential for emotional safety? With all the craziness going on right now and everyone's "normal" turned upside down, children need organization and routines more than ever to adapt and thrive to the new classroom and distance learning experiences.

This guide to Peaceful Mornings - Happy Days is a free resource provided through the Champions!eers! Emotional Safety Education (ESE) Grant to help you better understand and establish daily routines to develop happy, healthy children who are ready to learn and play.

Included:

- Parent Info Sheet
- Bedtime Guide with a Reward Chart
- Morning Guide with a Reward Chart

For Happy, Healthy Homes and Schools,  
Deanna

Deanna Rhinehart, Founder  
Champions!eers! ESE and Campus Culture Development Systems!  
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PS: Every family is different so use this as a guide to incorporate your family's unique needs, values, and belief systems. Enjoy!

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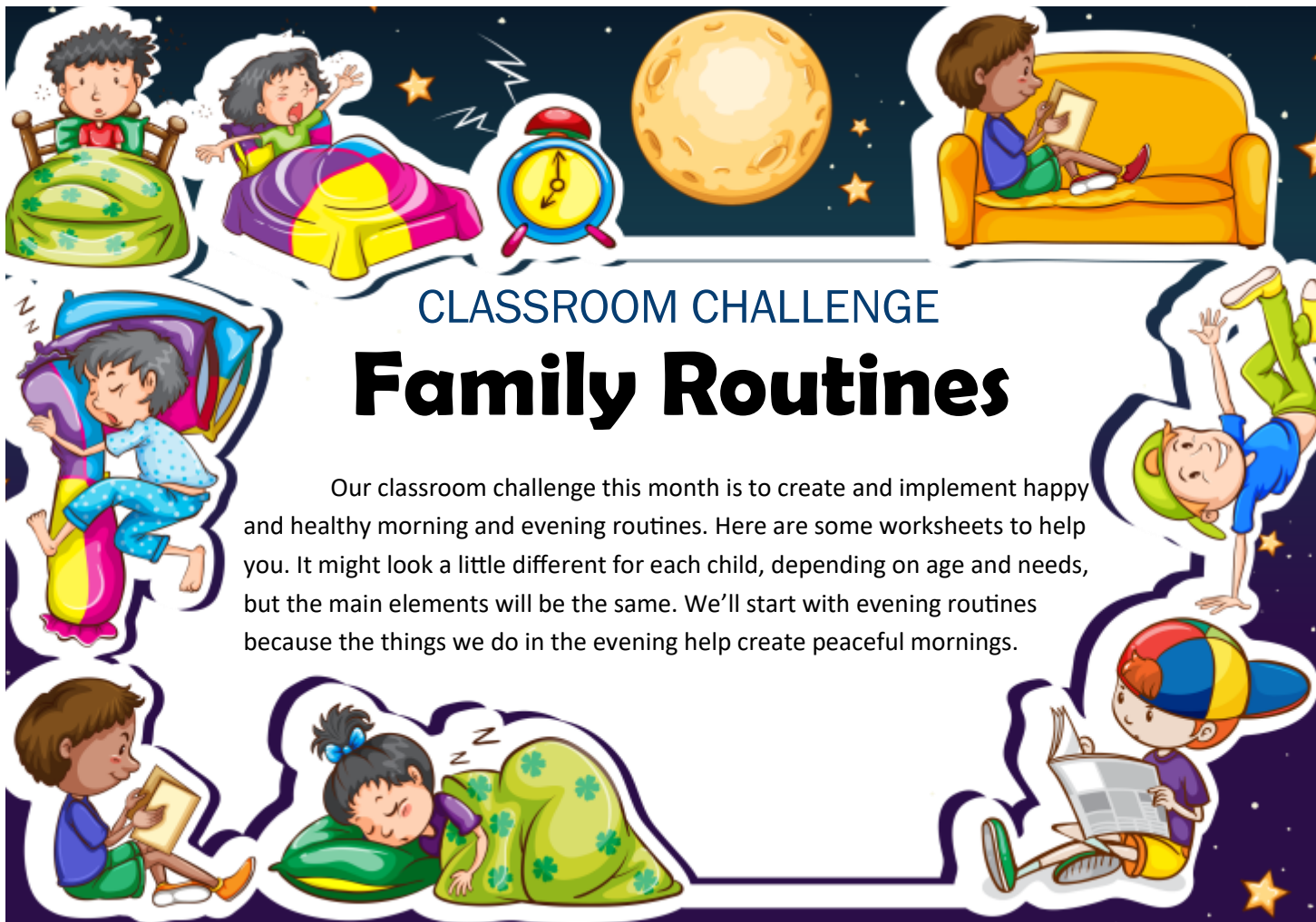
## PEACEFUL MORNINGS — HAPPY DAYS!

### Brain Facts:

- ◆ Your brain's #1 job is to keep you alive. To accomplish this you have an army of survival instincts constantly guarding your emotional and physical safety.
- ◆ Your brain LOVES order and consistency because it knows exactly what to do to keep you safe within its known parameters. When your “normal” changes, your brain feels out-of-control and responds by shifting into a survival mode called fight or flight. It's a subconscious reaction to either fight the real or perceived danger or run from it.
- ◆ This natural response creates feelings of anxiety, anger, fear, and a general sense of uneasiness. This is your brain telling you to be on alert.
- ◆ Unfortunately, when the whole world's “normal” was rocked at the same time it left children especially vulnerable and in need of consistency to counter the chaos. In the case of children, it's very difficult to learn and retain information if their survival instincts are on high alert.
- ◆ Fortunately, one of your brain's amazing skills is to make order out of chaos. This re-establishes the boundaries needed to problem-solve and thrive even in the midst of uncertainties. By establishing bedtime and morning routines, you help your children establish emotionally safe spaces to start and end their day, and this helps their brain maintain that safety throughout the day.
- ◆ It takes about 21 days for a routine to become a habit, another 21 days to reinforce it, and another 21 days to cement it so be patient and consistent. Make it fun! Make it special!
- ◆ Finally, consider creating your own bedtime and morning routines for your emotional health and wellness. Your brain never outgrows it's need for peaceful mornings so you can







## CLASSROOM CHALLENGE

# Family Routines

Our classroom challenge this month is to create and implement happy and healthy morning and evening routines. Here are some worksheets to help you. It might look a little different for each child, depending on age and needs, but the main elements will be the same. We'll start with evening routines because the things we do in the evening help create peaceful mornings.

## BEDTIME ROUTINES

Here are some items to consider as part of your night-time routine.

- **Hugs & Goodnight Loves:** No matter what happens during the day, never go to bed with hurt or angry feelings. Agree to continue conversations if needed, but always reassure your children your love is unconditional.
- **Wash & Brush:** Establishes personal hygiene habits for life.
- **Drink of water (if needed)**
- **Last potty run (always needed)**
- **Clothes & Shoes:** Lay out clothes for the morning, including socks, underwear, and shoes. Make it a game. Check the weather then choose all items for tomorrow's wardrobe including shoes and coat. This saves time and hassle. Children like control, but don't always choose the most suitable outfits. Solve this by giving them a choice between two you approve of.
- **Backpack & Lunch (tomorrow's projects and school work):** No need for last minute, get-out-the-door panic or chaotic at-home-learning schedules by having all items by the door and/or ready to go. You can also pack your lunch at night and have it waiting in the refrigerator to really simplify your mornings!
- **Bedtime Story:** Reading together is bonding, it's an excellent source of discussion, and it provides insights and perspectives for children to ponder as they fall asleep. Carefully consider what you read because those are the thoughts your child's mind will process throughout the night. If parents are unable to read, children should develop the habit of reading themselves.
- **Give Thanks:** Begin and end every day with thankfulness to develop a positive mindset. Start with your toes and give thanks for everything on your body to the top of your head. Then Give thanks for everything that pops in your head. I.e.: the grass in the yard, the lizard you saw, air to breathe, your pets, your family, etc. Give thanks even in the midst of bad situations as the first step to flipping them into something good.



# Bedtime Reward Chart



	Hugs & Loves	Wash & Brush	Clothes & Shoes	Backpack & Lunch	Bedtime Story	Give Thanks
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						

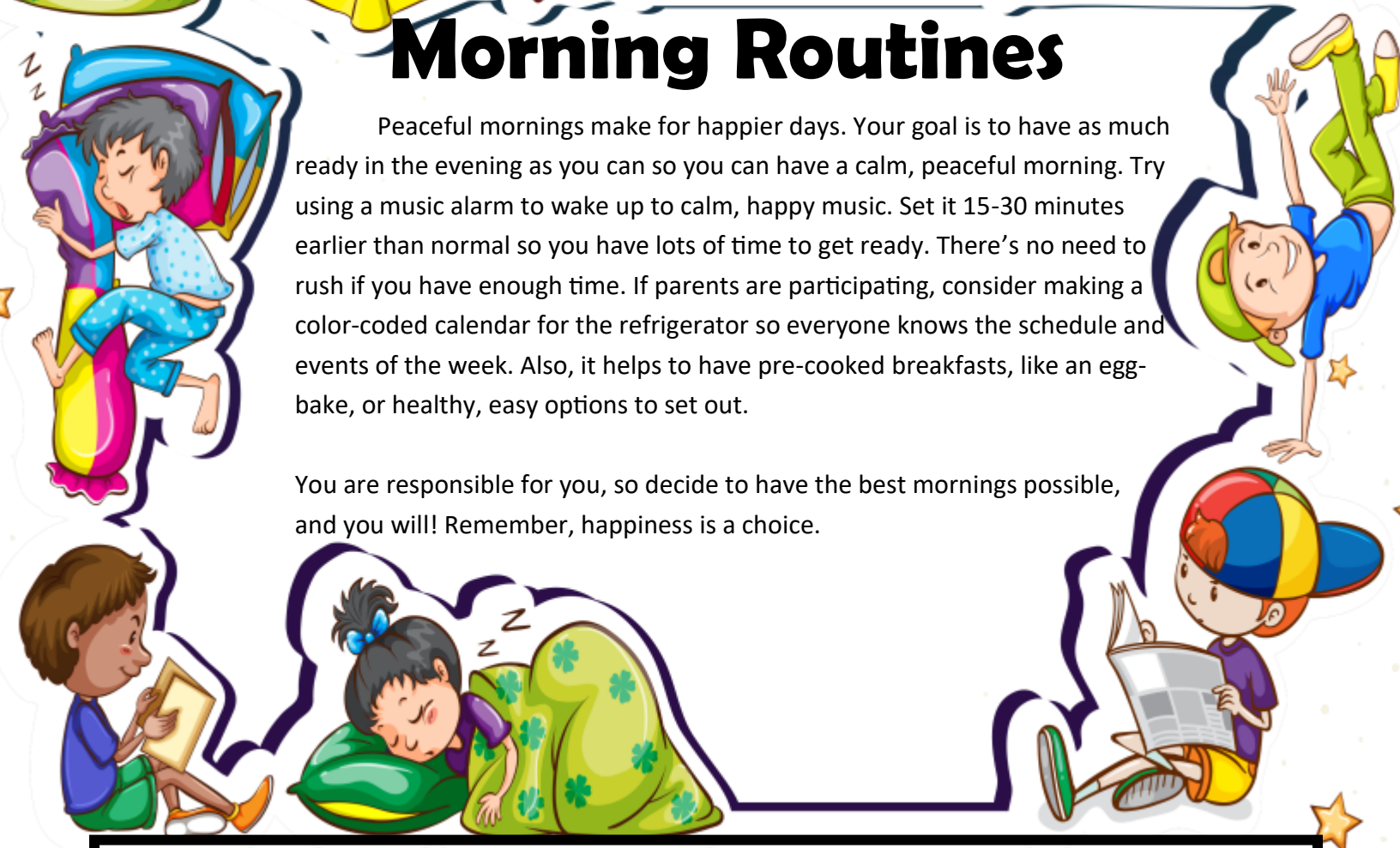




# Morning Routines

Peaceful mornings make for happier days. Your goal is to have as much ready in the evening as you can so you can have a calm, peaceful morning. Try using a music alarm to wake up to calm, happy music. Set it 15-30 minutes earlier than normal so you have lots of time to get ready. There's no need to rush if you have enough time. If parents are participating, consider making a color-coded calendar for the refrigerator so everyone knows the schedule and events of the week. Also, it helps to have pre-cooked breakfasts, like an egg-bake, or healthy, easy options to set out.

You are responsible for you, so decide to have the best mornings possible, and you will! Remember, happiness is a choice.



## MORNING ROUTINE CHECK-OFF LIST

Here are some ideas for your morning routine.

- Give thanks
- Get dressed
- Make bed
- Eat breakfast
- Brush teeth
- Be happy



# Morning Reward Chart



**Morning  
Hugs**

**Wash  
& Brush**

**Get  
Dressed**

**Backpack  
& Coat**

**Give  
Thanks**

**Other**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**





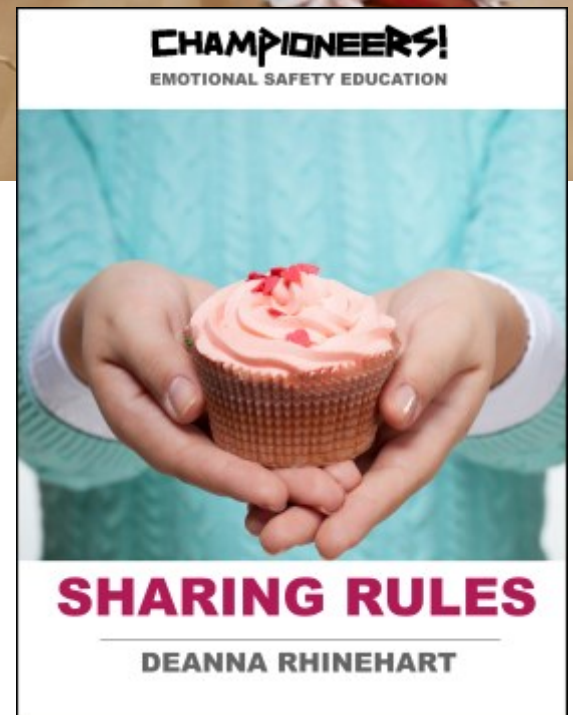
# How's School Going?



## Need Help? Here's my best Sharing Rule of All-Time!

Share Fair is another FREE parenting resource to help build your happy, healthy home—even while distance learning! This one sharing rule is a game changer and you won't believe how simple it is. Get your free copy now.

- *Stop the fighting!*
- *Develop a culture of fairness!*
- *Take back your peace of mind!*



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