

CHAMPIONEERS!

September Adventures!

# classroom

**BACK TO  
SCHOOL  
ROUTINES**



**How to protect  
and empower  
your students**



**CLASSROOM  
ADVENTURES!**

[champions.com](http://champions.com)



# CRUISIN BACK TO SCHOOL WITH FAMILY ROUTINES

## End student meltdowns and decision fatigue with simple routines.

It is estimated that the average adult makes 35,000 decisions each day according to Psychology Today. (Ahhhh... so that's why teachers feel brain-dead by the end of the day!) These include everything from scratching your nose to sipping your coffee.

Teachers, however, make about 1500 calculated decisions each day just to get through our to-do list while responding with lightning-fast reactions to every child in our classroom to address or pre-empt real-time situations.

The result— Decision Fatigue and eventual burn-out.

We are going on high, in the red-stress zone, none stop, day-in and day-out.

The decision phenomenon needs to be taken into consideration for our students as well. One of the conclusions derived from researchers is too many decisions depletes cognitive resources. In the case of our students it can lead to classroom meltdowns.

It's all just too much.

In this Classroom Adventure were going to explore how we can reduce as many irrelevant decisions as

possible with routines you can implement in your classroom to teach your students how to establish their own routines at home.

## Routines and habits

The human brain loves structure and order. It especially loves habits that allow it to put certain routines into autopilot so you don't have to think about everything all the time... habits allow your brain to just do it.

When routines and habitual structure are provided for children it helps provide emotional safety by taking the guess work out of what to do next. This creates a more structured classroom and peaceful day.

Teachers come in all personality and organizational types. Some teachers are ultra organized with schedules and clipboards in hand. Some of you... not mentioning any names or anything, but organization is NOT your strong suit. What's really ironic is you may not realize how chaotic your style and classroom actually are because you are so accustomed to it.

Let's get real here for a moment.

Do you find too much structure stifling or overwhelming to follow so you wing it instead? Are you that teacher that has piles and projects in every corner or your room? Do you find yourself more comfortable herding the crowd instead of leading the troupes?





If you answered yes to any of these, chances are you're a creative type that thrives with all your materials and resources laying out for easy access rather than safely filed or stowed in clearly marked bins as your clipboard counterparts have done.

This might be obvious to you... or not... but the unique tools creative-types have developed to thrive in a highly structured world can require a little tweaking to produce a chaos-free classroom. Otherwise, when you combine a free-structured teacher with a student who has high-structure needs it won't take long for both of them to meltdown!

No worries. Help is on the way!

Whether you are the ultra organizer or the free-spirit you are about to discover my all-time favorite Chaos Killers with the superpower of simple routines and brain-triggers.

## How to stop classroom meltdowns with simple routines kids can do at home.

Most teachers have already implemented routines in their classroom, but a child's day is already set in motion before they even arrive at school so we're going to focus on activities to help your students develop their own routines at home. Whoohoo.

The lack of consistent home routines is one of the major contributors to chaos in a classroom. All it takes is one grumpy child take out an entire classroom.

You might be surprised to learn that routines are a tool we use to help build emotional safety. Your brain's job is to keep you safe and help you win in life. It's a "mastermind" (yup, little pun there) in sorting through chaos to create the order it thrives on. When things are in order, your brain feels safe in it's surroundings because it knows what to expect. There are no hidden surprises that could potentially hurt you, therefore, your brain feels safer.

Think of your brain as the ultimate control freak.

Since your brain loves order it loves consistent routines, with sequential steps to follow. If you do anything for 21 days your brain immortalizes your actions by turning them into a habit so it doesn't have to think about it any more.

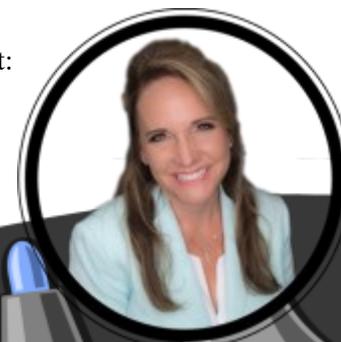
Some children can just go with the flow. Other children cant and they'll respond in a fight or flight manner simply because they feel out of control without enough structure to feel in control.

Our focus this month is preemption. It takes a little extra effort up front and a lot of consistent, patient enforcement, but in time, your simple routines will result in happier, healthier students.

To Your Happy, Healthy Homes and Classrooms!

Deanna Rhinehart

More adventures await you at:  
[FamilyNightAdventures.com](http://FamilyNightAdventures.com)





**It's time for**

# **CLASSROOM ADVENTURES!**

This awesome Classroom Adventure builds happy, healthy homes and schools through consistent daily routines. These simple lists will help to replace chaos with routines for more peaceful, happier children.

Routines take time, consistency and patience so tie your proverbial shoelaces for the long run and enjoy this Classroom Adventure. Here are some of the things we'll cover:

- ◆ You'll celebrate your special classroom family while learning tools to stay organized.
- ◆ You'll explore the importance of routines for emotionally safe homes and classrooms.
- ◆ You'll create a Classroom Rule for taking care of yourself and your things.
- ◆ You'll create your own reward charts and check-off lists.

**GIVE YOUR  
FRIENDS A FREE  
FAMILY NIGHT!**

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## Teacher Prep

# Start Here

School culture is one of the most complex and volatile cultures of all. I've dedicated an entire course to this called *Peer Power* that goes into depth. In a nutshell, campus culture is the sum of everyone involved. That includes students, parents, staff, admin, community, state and federal influences. If there are not enough common values, belief systems and goals to establish emotional safety, survival instincts take over and create a toxic campus culture.

It's not the differences that divide a culture, it's when we forget how much more we have in common and the incredible value of every individual regardless of our differences.

Before we jump in we need some emotional ground rules that must consider the family influences of your classroom culture. Family values are deeply personal and in our modern culture can be dramatically different from family to family. Most have several things in common, however. The most common is our love for our children. This instinct alone can be unifying or polarizing to an educator depending on the level parents feel emotionally safe and valued by their child's teacher.

We're also seeing a loss of basic parenting and coping tools leaving many of us overwhelmed by behavioral management instead of reaching our

educational goals. All of this is brought into your classroom where teachers are required to help all their students perform on that top tier of Maslow's Hierarchy.

In addition, there are essential non-negotiable elements wired into the very survival DNA that are required for emotional safety. This is where we unite regardless of all other factors. It is critical to search for the commonness while also celebrating individualism. If not you will create an environment of isolation and divide for your students. It starts with honor.

Here is how you can help your students learn honor during your Classroom Adventuress!

### HONOR TOOLS!

1. No judgements or criticisms.
2. Ask open ended questions that require more than a yes or no answer to get your students thinking about why they feel the way they do.
3. Allow everyone to share equally.
4. There are no right or wrong answers when it comes to feelings. Feelings are what they are so guide your student discussions to seek to understand, then to be understood, then be willing to honor each other's views even when they are different.



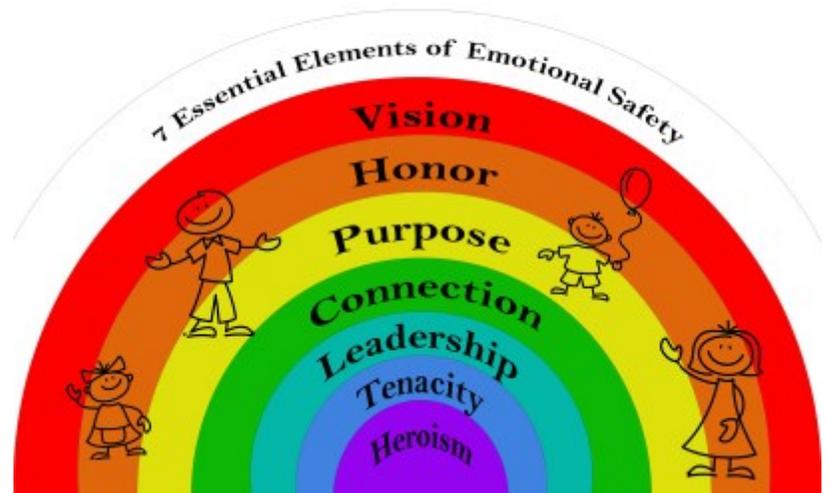


# SCHOOL-FAMILY BY DESIGN

Your school-family is very special, but these relationships are also some of the most emotionally vulnerable. In a lot of ways building your classroom culture is as important as building your family culture! Happy, healthy classrooms don't just happen. They are designed, developed, and maintained.

There are seven essential elements needed to create a culture of emotional safety in your classroom

- 1. A Culture of Vision**
- 2. A Culture of Honor**
- 3. A Culture of Purpose**
- 4. A Culture of Belonging**
- 5. A culture of Leadership**
- 6. A Culture of Tenacity**
- 7. A Culture of Heroism**



Each of these items are addressed in the training course you received with this Classroom Adventure! These essential elements form the outline of Our Class Rules.

Take a moment to consider how each of these essential elements could be incorporated into your classroom. It's important you think through these items before you pose discussion questions with your students. You will be leading your students through a process of discovery but you need some time to marinate on this information first so you are the one leading the narrative. Otherwise your students might impose rules that include "Unlimited Candy For All," instead of rules they really need. You are the project manager, your students are the decorators.



## A CULTURE OF VISION

Children are more likely to succumb to peer pressure if they do not have a strong sense of who they are and where they are going. Children who learn to dream develop an internal map that helps release them from the pressure to fit within the status quo. Teach children to dream; it answers the question "Who am I?"

## A CULTURE OF HONOR

Children who are taught to honor others through words and conduct develop an awareness for those around them and a core belief system of human value and equality. These children are far less likely to ostracize others and more likely to embrace diversity based on intrinsic worth. Teach children to honor others; it answers the question, "Who are you?"

## A CULTURE OF PURPOSE

Children who develop their interests and talents gain a stronger sense of purpose and appreciation of their unique identity. When children like who they are, they are far less likely to conform to the crowd. When you expose children to their interests you help them answer the question, "Why am I here?"

## A CULTURE OF CONNECTION

Belonging, at home and with peers, is one of the greatest psychological needs of humans, causing kids to do almost anything to "fit in." Children who connect with small interest groups are more likely to find their niche through common interests rather than popularity-driven clicks. Connection helps children answer the questions, "Where am I going and who am I going with?"

## A CULTURE OF LEADERSHIP

Children who take ownership for their decisions develop self-confidence, self-governance, initiative, and stewardship. When these qualities are used for the service of others, children find significance and are far more likely to empower each other to succeed. Chores help your children learn the answer to "How do I get there?"

## A CULTURE OF TENACITY

Children who learn to embrace disappointments and failures as stepping stones to success, are far more likely to stay the course and accomplish their goals. Develop "World Changers" through a culture of tenacity, determination, and innovation. This critical step in emotional safety empowers children to answer the question, "Do I have what it takes?"

## A CULTURE OF HEROISM

Children who are taught their worth based on who they are rather than on what they do, develop an internal compass that is not easily compromised. Peer pressure has little ability to persuade them to participate in activities that do not align with their compass of truth. Children who are nurtured who can easily answer the question, "Am I good enough?"

# Before Your Adventure Begins

Children LOVE anticipation and will match your excitement so make a really big deal out of your Classroom Adventures and an even bigger deal out of preparing for it. Children learn by “feeling” so expressing your excitement tells your students how valued they are. Talk about it for days before it happens. Make a count down calendar. Tape announcements where students can see them. Pull your children into the adventure by giving them preparation jobs. All these things provide the feelings of significance, belonging, leadership and ownership. The important thing is to have as much fun preparing as you do having your Classroom Adventure!

## Prep for “Operation Back to School Boogie!”

- ◆ Set the atmosphere for your classroom adventure.
- ◆ Since your adventure is a back to school theme your class is most likely ready to roll. For additional fun you could sprinkle in a little spice by adding the following.
  - ◆ Start your adventure with a little show and tell by playing a Boogie Woogie song while students gather. Consider a video with both the music and dancing to further reinforce the theme.
  - ◆ Bring in some old vinyl albums and open your adventure by telling them that learning a new routine is like learning the steps to a new dance. It takes a little while to remember all the steps but once you do it becomes automatic... like a dance (referring back to your show and tell video or music).
  - ◆ How about a picture frame theme using the self pictures your students will draw in one of their activities.
  - ◆ A bulletin board with favorite pictures each child brings to represent them and their family?
- ◆ Gather and set out items needed for the games and activities so everything is ready in advance.
  - ◆ Consider student job assignments such as: Captain Adventure to officially declare the start, announcer, tech helper, project helpers, or roll-call song leaders. The more jobs the better!
  - ◆ Utilize the PTP Program (Parent Teacher Partners) to get your moms involved!



**Half the fun is the anticipation!**



# Step-By-Step

## 1. Agenda

Students thrive with structured schedules (our survival instincts like to know where we're going) but our intelligence and curiosity love safe surprises built into them. Print off the agenda on page 20 and place where students can see what to expect next.

## 2. Count Down

Students retain information based on the level of excitement and energy it's presented to them. Get them excited and counting the days and minutes for greater focus, longer retention, and deeper integration!

## 3. Gather Your Team

Tell your students it's time for a special Champions! Adventure. Explain that you're going to play the official Champions theme song. They have the length of the song to find their spot in your circle. They get to wiggle and dance and sing along but when the music stops everyone must drop to their spot, crisscross applesauce (legs crossed, hands folded in lap), no more talking, ready to go. It's helpful to practice.

## 4. Way-to-go!

If you are participating in a weekly or monthly Champions! Adventure this is the time the kids show off their leadership challenges and other accomplishments. Always praise your children for the prep efforts made for Family Night and publicly acknowledge all who are gathered.

## 5. Transition to Lesson

When everyone has finished sharing it's time for your lesson. Do a quick review of the four Honor Tools found on page 4.



# **CLASSROOM ADVENTURE!**

## **BACK TO SCHOOL BOOGIE**

### **AGENDA**

**Prep. "BEST Class EVER!"**

**1. Intro To September Classroom Adventure**

**2. Lesson: Family Routines**

**3. Night-Time Routines**

**4. Morning Routines**

**5. Awesome Teacher Tip**

**6. Classroom Culture Review**

**7. Game: Crab Apples**

**8. Champ Chat**

**9. Next Step**





# Lesson

## BACK TO SCHOOL BOOGIE

There are few things that cause more tension, arguments and meltdowns than getting everyone out the door in the morning and into bed at night. Children bring that stress to school with them, but with just a few routines they can implement themselves, it can make all the difference. Turn those routines into a game, and they'll soon become happy routines your students can't wait to do. Let's call this Classroom Adventure, The Back to School Boogie since we'll be learning steps to create peaceful mornings so you can dance through your day.

Nothing ever comes instantly so be patient and consistent. Big changes, like routines, are formed through habits, and habits are formed by consistent, intentional, and systematic actions. You've got this. Just remember the end game.

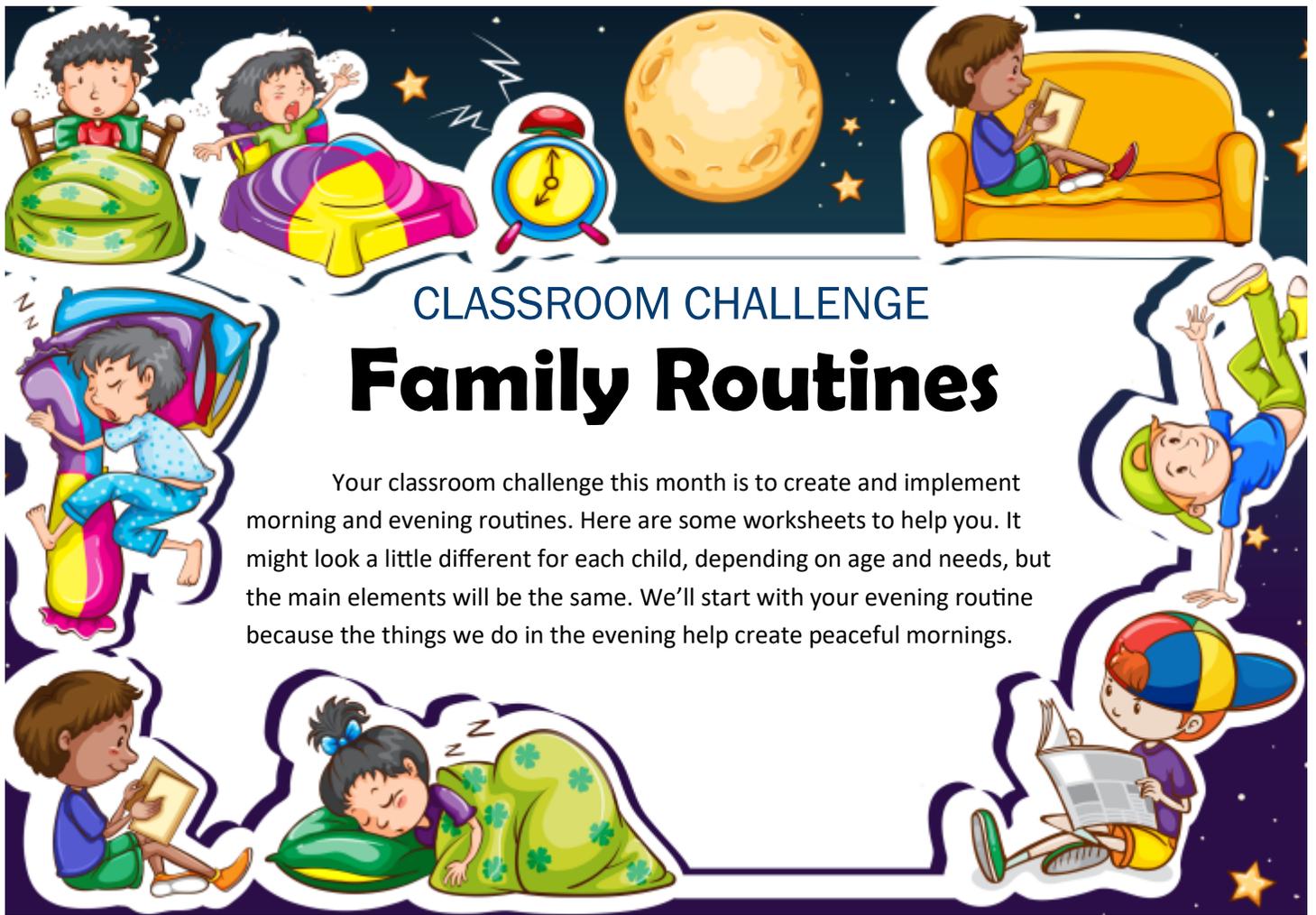
Before we begin our first activity, remember your Classroom Adventure Rules:

1. All Ideas Count
2. Share & Take Turns
3. Be Kind

### Classroom Discussion

- ◆ How do you feel when you are watching your favorite show and your mom or dad tells you, you have to stop right now and go to bed? Why do you feel that way?
- ◆ How do you feel when you are getting ready for school and you can't find your shoes, or you've misplaced your backpack? What is one thing you could do to make it easier to find your things?
- ◆ How do you feel when one of your classmates throws a fit? How do you feel when you throw a fit? Why? Is there a way you could share with your teacher how you feel besides crying and yelling?





## CLASSROOM CHALLENGE

# Family Routines

Your classroom challenge this month is to create and implement 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 your evening routine because the things we do in the evening help create peaceful mornings.

## NIGHT-TIME ROUTINES

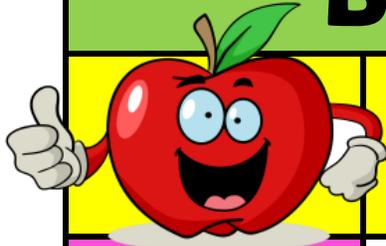
Here are some items to consider as part of your night-time routine.

- **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 fun game by first checking the weather then choose all items for tomorrow's wardrobe. 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 and coat and/or tomorrow's projects and school work:** Never have last minute panic again by having all items by the door and/or ready to go.
- **Lunch Packed:** It only takes a few minutes to pack your lunch the night before and have it waiting for you all ready to go in the refrigerator.
- **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.

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# Bedtime Reward Chart



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

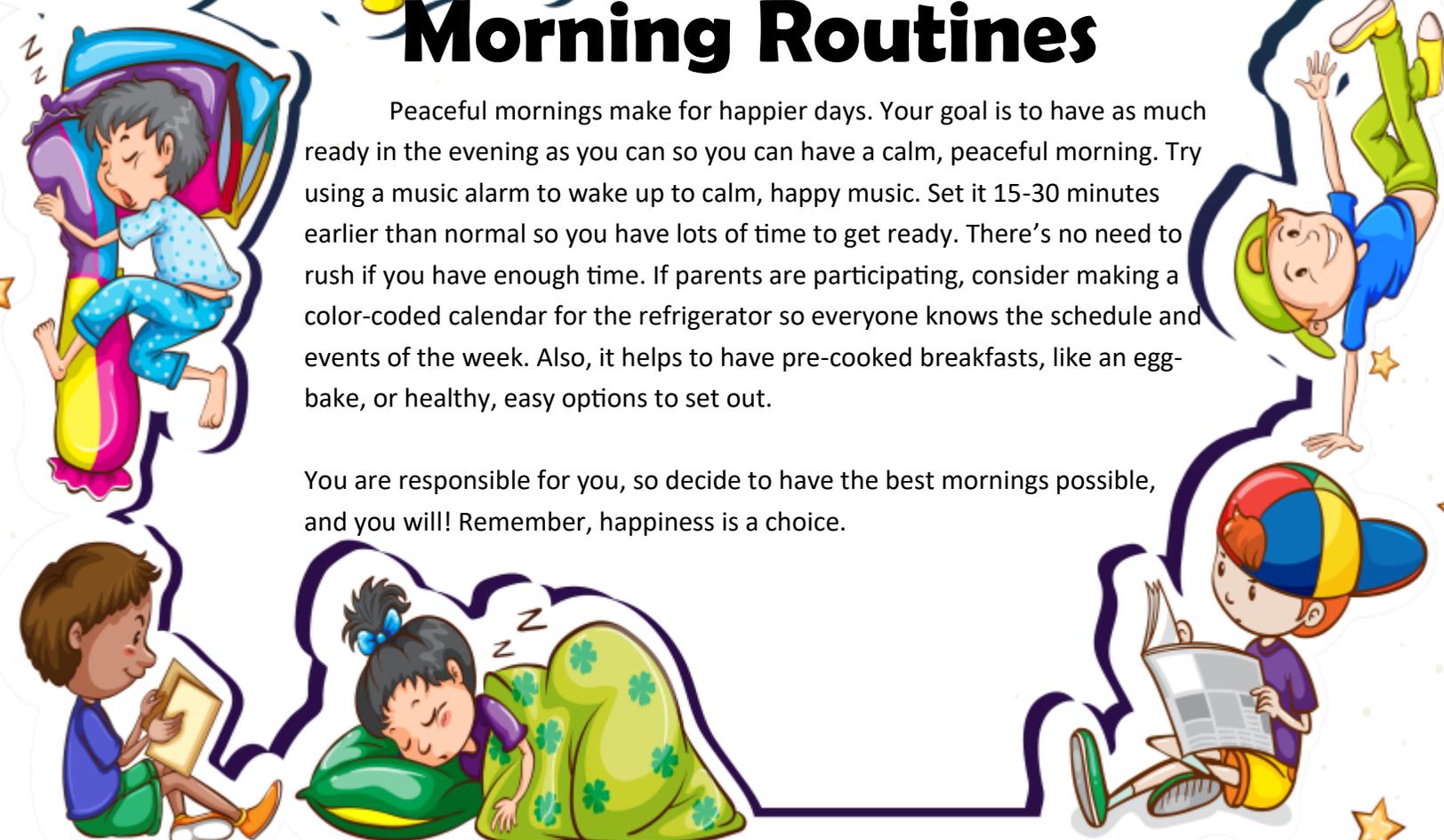




# Morning Routines

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

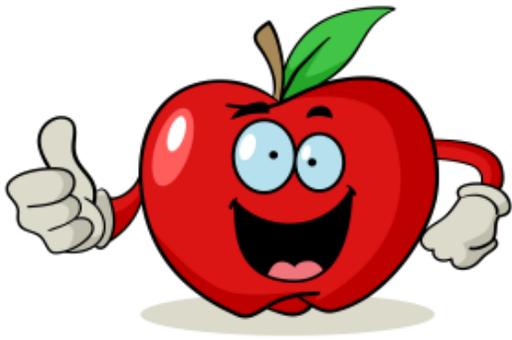


# Morning Reward Chart



	Morning Hugs	Wash & Brush	Get Dressed	Backpack & Coat	Give Thanks	Other
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						





# Crab Apples

To help students further grasp the idea of *peaceful mornings make happy days*, use this Choice Card game as a discussion starter. (Note: Unless you have an easy way to use of the game board just use the Choice Cards.)

## Needed:

- One dice
- Teams chooses a small object to be their player piece
- Game board
- Game Cards (Cut out Choice Cards on the following pages)
- Apple flavored candy treats

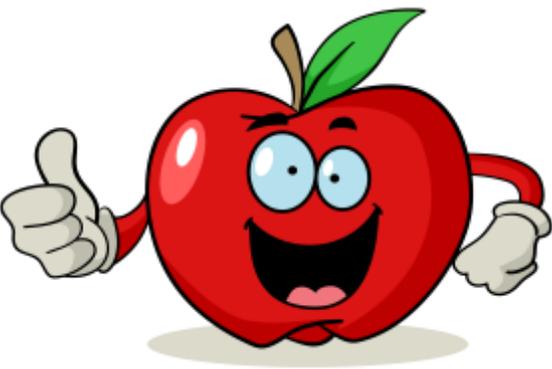
## Rules:

- Roll dice to determine order of turns. Highest roll wins.
- Taking turns, roll the dice and move that many spaces.
- Draw a choice card, read out loud (or have someone else read it for you) and share which is the kindest way to respond and which is the grumpy, crab apple way to respond. Discuss why.
- You win and get a treat when you reach the school. Yum!
- Everyone plays until they reach the school so everyone wins! If you run out of Choice Cards, just roll the dice until you cross the finish line.
- Bonus Zones: If you land on a latter you get to clime it.
- If you land on a swirly you get a bonus apply candy treat!

## Super Hero Note:

- Everyone wins in this game, so no crabby apples. Have fun, take great turns, and remember your good choices.





# Crab Apples

## Choice Cards



When you want to play with your sibling's toy. Do you...

1. Take it and run.
2. Ask if you can have a turn.



When your sibling asks to play with a toy you're playing with. Do you...

1. Say, "No Way!"
2. Thank you for asking, I'm playing right now but I'll share in 5 minutes..



When your mom or dad tells you it's time to go to bed. Do you...

1. Throw a fit, cry and yell because you don't want to.
2. Ask if you can have 2 more minutes to finish up.



When your mom gives you vegetables you don't like. Do you...

1. Yell, and fuss and refuse to eat them?
2. Tell your mom you really don't like this kind but you'll try three of them, and ask if you could have \_\_\_\_\_ a veggie you do like next time.



You are the parent and your children are playing at the park. When it's time to go do you...

1. Yell to them to stop right now and get in the car.
2. Tell your children it's almost time and give them 5 more minutes to finish up.



You and your sibling want to watch two different TV shows. Do you...

1. Get into a pushing fight and the strongest one wins.
2. Take turns letting your sibling chose the first show.



You don't want to go run errands with your mom, but she can't leave you home alone. Do you...

1. Throw a fit so she can't leave.
2. Do you pack up some of your favorite toys and books to help the time go by faster.



You are the parent and it's time for bed. Do you...

1. Tell everyone to get ready for bed while you take care of your chores.
2. Give your children a five minute notice, then help them with their Bedtime Reward Chart.



There is only one cookie left, but two of you. Do you...

1. Grab it and eat it as fast as you can.
2. Break it in half as even as possible and let your sibling choose their piece first.

# WELCOME BACK TO SCHOOL!

## CLASSROOM ADVENTURES!

**IT'S TIME FOR  
CLASSROOM ADVENTURES!**

**Celebrating Us!**

**DAY:** \_\_\_\_\_

**TIME:** \_\_\_\_\_





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*Give the gift of family*

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# IS YOUR CHILD SAFE AT SCHOOL?



**MOM-E-SCHOOL**  
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## BONUS FEATURE

We go to extreme lengths to protect our children, and yet, some of the greatest dangers they will face are beyond our protective reach, in their own classrooms! Teachers and principals are amazing child advocates, but even they cannot protect our children from the forces at work on their campuses. Watch this brief webinar to discover what's robbing our children of their dreams and destinies and the simple steps parents and teachers can take to transform an entire school campus!

**WATCH NOW**

- *Classroom Edition*
- *School-Wide Edition*
- *Family Edition*
- *Church Edition*



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EMOTIONALLY SAFE?**

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