

### **Daily Resource Morning Routine**

- Classroom prep: play calming music upon entrance into classroom.
- Classroom Entrance: Teacher at the door. Remind students when they enter they need to seek some peace and mindfulness. Prepare their brain for the day. What that looks like: sitting quietly at your seat, mouths closed, eye gaze down, etc.
- Mindfulness must continue through announcements. Teacher takes attendance during announcements.
- Start of Day Yoga Sequence (see Y4C cards)
  - Standing Mountain
  - Bunny Breath
  - Rag Doll
  - Star--Folding & Twisting
  - Triangle
  - Washing Machine
  - Countdown to Calm
- Breakfast and lunch count
- Hand out any paperwork (EMF, Schedule, flyers, etc.)
- Talk about any announcements either from the building or 8th grade.
- Show previous day's agenda which includes what homework each student should have for the day.
- Check in yellow folders from previous day.
  - Show parent initial for 1 point.
  - Show each paper complete for 1 point.
  - If each student earns all points for the day, 1 piece of candy.
  - If everyone earns 80% of points for the week, we earn a free computer period or gym free time on Friday.
- Check supplies daily. Do you have everything you need for second and third periods? If you don't, let's go get what we need from lockers. Talk about good times to go to lockers 5-8th periods. When coming from Science or going to Science might be a good choice, but be quick. You probably cannot visit your locker and use the RR in the same 3 minute break. You have to be focused and mindful when making locker trips. Reminder: you cannot leave any of your stuff in my room overnight or during the day. It's just not safe.
- Based upon check in folder, spend some time working on homework help. Even if students have all assignments complete, ask students if there are any questions they want reviewed before moving on.
- Resource daily class work. Use this time to work on IEP goals, objectives, practices, etc.
- 3 minute Yoga 4 Classroom ending sequence (Y4C cards)
  - Sitting Mountain
  - Balloon breath
  - Desk rest
  - Imagination vacation of choice