



# Building a School Family™: Connect Your Way Throughout the Day

Audience: Grades K-2

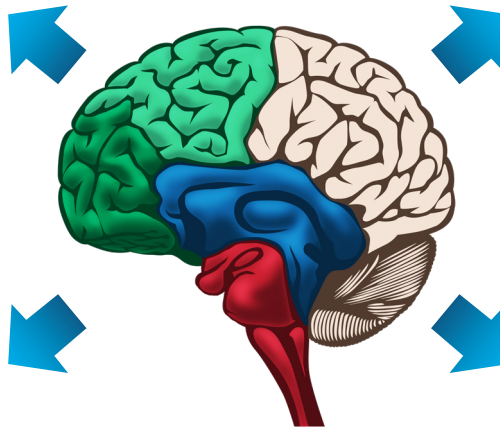
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## Brain Smart® Start

Physiologically and neurologically helps us change states. The most difficult transition in the school day is the one a child makes from home to school.

### Unite

- Increase Energy
- Decrease Energy



### Connect

- Increase Attention
- Increase Motivation
- Organized Energy

### Disengage Stress

- Calm Down Classroom
- Organized Quiet
- Shift Gears/Transitions



S.T.A.R.



Balloon



Drain



Pretzel

### Commit

- Activate Frontal Lobes
- Focus Attention
- Increase Success

## Brain Smart Start

### 1. How will you Unite your students?

Group Chant, Safekeeper Ritual, Class Family Name:

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### 2. How will you help your students Disengage Stress?

Starting the day, before/after transitions, after games and recess:

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### 3. How will you Connect your students?

Each morning, transitions, at the end of the day:

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### 4. How will you have your students Commit?

Individually:

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As a Group:

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# Building a School Family™: Connect Your Way Throughout the Day

POWER	SKILL	STRUCTURE
Perception	Composure	Safe Place™
Attention	Assertiveness	Visual Routines
Unity	Encouragement	Jobs Board, Friends and Family Board
Free Will	Choices	Visual Rules
Love	Positive Intent	Celebrations
Acceptance	Empathy	Feeling Buddies®, Rituals
Intention	Consequences	Class Meetings
<b>Regulates You</b>	<b>Regulates Child</b>	<b>Practice Skills</b>

Good Morning  
or Goodbye



## Get started with Greetings!

- Greet every child, every morning.
- How will you visualize the greetings? Greeting Plate, Greeting Apron, etc.
- Have 3-4 options (always offer one non-touch).
- Kneel or use a chair to be at their eye level.

### Ideas for implementation into my classroom:

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## Get started with Wish Well!

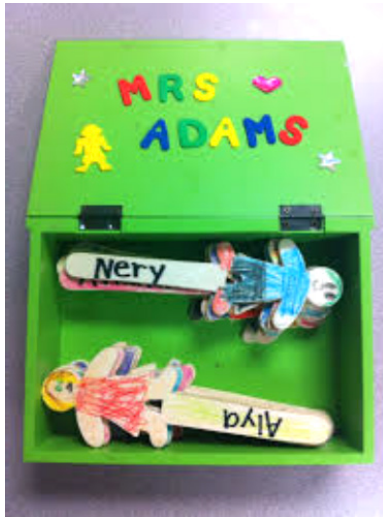
- Every child is represented.
- Wish each other well, even when every child is present.
- When a child is absent, move to center and wish well.
- Start Absent Child, Welcome Back Ritual.
- Wish students well when having a difficult time in class.

### Ideas for implementation into my classroom:

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## Get started with Safekeeper & Commitments!

- Use the language of safety in your classroom
- Teacher: "It's my job to keep you safe."  
Student: "It's my job to help keep it safe."
- Make class agreements based on what the children need to feel safe enough to learn.
- Make daily commitments based on agreements.

### Ideas for implementation into my classroom:

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## Get started with Celebrations!

- Celebrate everything! Tying shoes, losing a tooth, making a soccer goal, etc.
- **Celebrate everyone!** Each child has a gift for the class, your job is to find and celebrate it!
- Celebration Center ideas: Pom poms, crowns, sunglasses and other props, cards and sentence strips.

### Ideas for implementation into my classroom:

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## Get started with the We Care Center!

- Materials: Cards and sentence strips, lotion, tissues, fidgets, stuffed cuddle toy, etc.
- Have a We Care Person Job; this person can write cards to those who are absent or having a difficult time or celebrating!

### Ideas for implementation into my classroom:

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# Building a School Family™: Connect Your Way Throughout the Day



## Get started with Jobs!

- Create a list of Routines, Rituals and Duties.
- Select jobs from the list that are important and can be done by students.
- Visually display jobs.
- Supply props and/or tools needed.
- Explicitly teach how to do each job.
- Rotate weekly or as it makes sense for your School Family™.
- At rotation time, each student teaches the next person how to do their job.



## Ideas for implementation into my classroom:

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## Get started with Friends and Family Center!

- Have each student send in family picture.
- Display pictures on the wall and make a Friends and Family or School Family book.
- Print a copy of their family photo for each child to have on hand.

## Ideas for implementation into my classroom:

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## My Plan for the First Six Weeks

[illegible]



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