

Rituals & Routines

Rituals

Rituals are the way we connect with one another and create community. Rituals are sacred activities designed for togetherness and unity.

- Connection is the goal.
- They are the glue that holds us together.
- They are the most important part of creating a community.
- They honor events in our lives.
- Rituals soothe the lower centers of the brain. They have a calming effect on our minds and bodies.
- Rituals must be something to be counted on so they must become a part of how you work together.
- Trust is established when each ritual is defined: they happen in a consistent way and for the same reason of connection.

What are our rituals?

- How do we create connections?
- Greeting
- Affirming
- Birthday
- Connecting
- New Student
- Holidays

Routines

Routines are essential for young children because our brains are pattern-seeking. With routines, the children know what to expect and that creates a sense of safety.

- How young children learn to tell time.
- How they learn to predict what will come next
- Brains are pattern seeking. Routines help us know what to expect next and create consistency in our programs.
- They happen at the same time and in the same way every week.
- Routines help us to feel safe.

What are some routines we use in our classrooms?

Routines tell the children what you expect them to do and know.

- Arrival
- Transitions
- Circle Time
- Snack
- Closing