

Routines & Rituals

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

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