

# “Creating Routines” Activity Sheet

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## 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
- Greeting
- Transitions
- Circle Time
- Snack
- Closing

**If you don't have your routines defined, take some time today to create them and share them with teachers, parents, and students.**

## Activity 1

**Age Group:**

**Create a routine that explains what the children and teens are to do upon arrival.**

- *Where do they go?*
- *How do they sign in?*
- *What happens next?*

## Activity 2

**Age Group:**

**Create a greeting ritual for welcoming children/teens to your classroom.**

- *How are the children/teens welcomed after signing in?*
- *Who welcomes them?*
- *What else happens?*

## Activity 3

**Age Group:**

**Create a routine that moves the children from one station to the next, whether it is from activity to activity in the classroom or taking the children to participate in the Sunday Service.**

- *What movements, sounds, songs, etc., do you use for the classroom transitions?*
- *How do you prepare the children to join the adults in the Sunday Service?*
- *What else is needed?*

## Activity 4

**Age Group:**

**Create a routine that tells them how to use the Heart Space.**

*The Heart Space is an area of the classroom that is comfy and cozy and is filled with items that help children compose themselves. It is not a punishment but a place for re-centering.*

- *Where is the space and what calming items are available?*
- *What are the “rules” for using the space?*
- *What else is needed?*