

A calm December in the classroom

Our December Plan

One calm ritual a day, plus every special event at a glance.

Our ritual: _____ Every day at: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___
Week 2	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___
Week 3	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___
Week 4	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___	Date: ___ Different today: ___

Special events

What: _____

When: _____

What: _____

When: _____

What: _____

When: _____

This stays the same:

New events get announced a day ahead. Changes are crossed out where everyone can see them.

A little calm every day





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20 Calm Rituals

Check off what fits your class.

Pick one

One ritual a day is plenty. Doing the same thing every day feels safe.

- [ ] Candle on, one kind word, candle off
- [ ] One minute of silence by candlelight
- [ ] A good word about today
- [ ] Read a short story aloud
- [ ] Breathe calmly together: in for four, out for four
- [ ] Hum a song instead of singing
- [ ] A thank-you to someone in the class
- [ ] Add to the class wish list
- [ ] A winter riddle
- [ ] Who pulled something off today?
- [ ] Draw a winter picture
- [ ] Fold a paper star
- [ ] Listen to a poem
- [ ] Quiet music for cleanup
- [ ] One minute of starry sky (lights off, with a warning)
- [ ] Share cookies (check allergies first)
- [ ] A game without winners
- [ ] Collect good wishes for the break
- [ ] Build a story, one person at a time
- [ ] A quiet walk around the schoolyard

Less is more: one ritual, every day at the same time.

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