

Building the Day we Want to Have



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How we Start

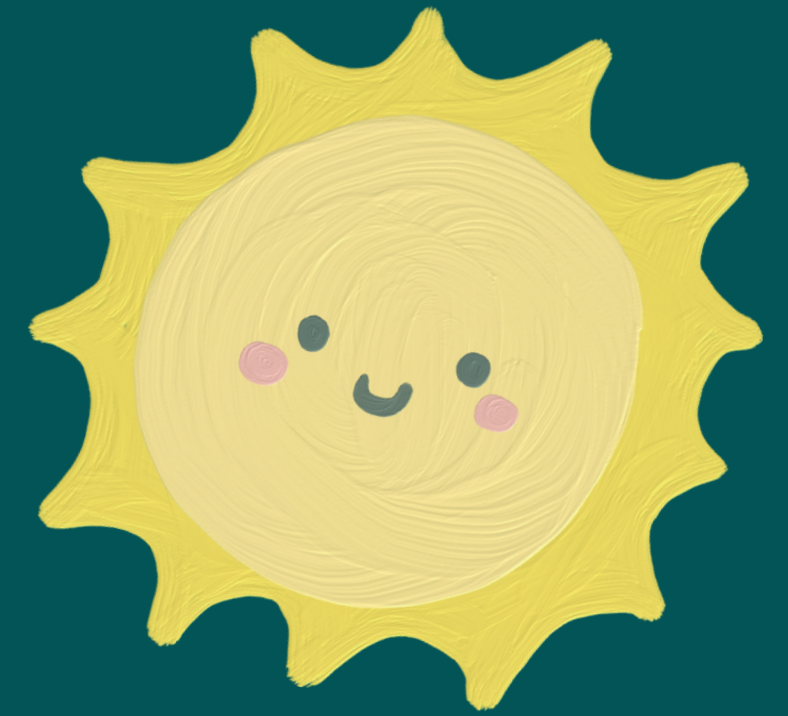
A solid morning routine can offer a sense of control, reduce stress, foster a positive mood that carries over into the rest of the day, and offer the opportunity to be more focused and productive.



Build a Morning Routine

- Wake up at the same time every weekday
 - Have breakfast consistently
 - Sun, water, air
- Help your children to develop a visual schedule or checklist
- Engage in positive (and distraction free) conversation about the day ahead





Making the Day Better

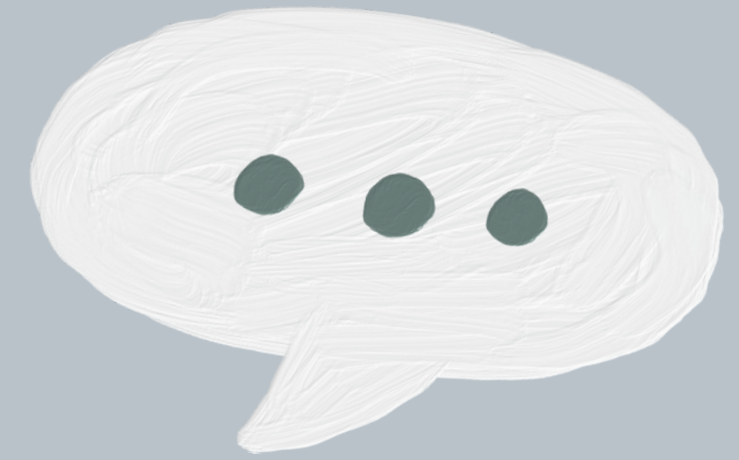


What is your day like?

What is your child's day like?

What is one meaningful thing you could do to make their day better?

Some Suggestions

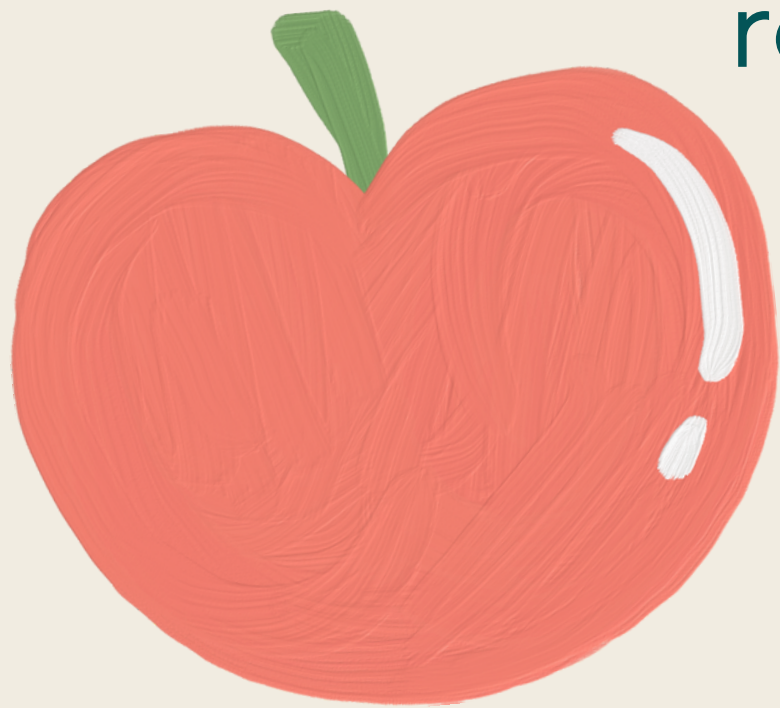


- Put an encouraging note, sticker, or other surprise in your child's lunch or backpack
- Remind your student of what they have to look forward to when the school day is over
 - Help your student to develop self-management while assisting with organization



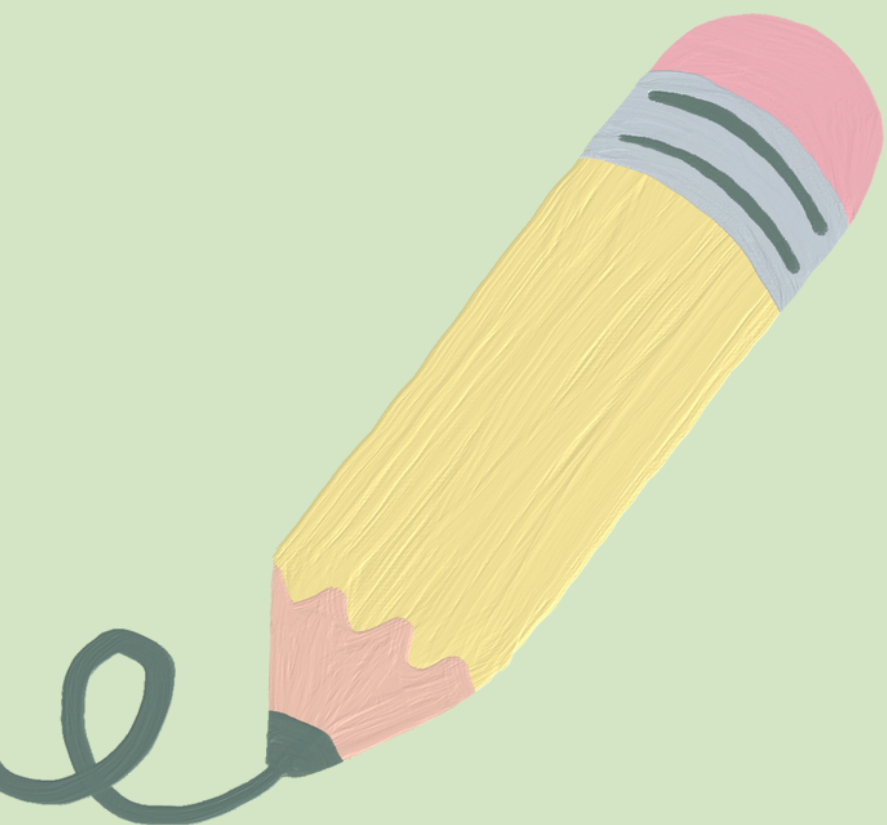
How we Shift

A well constructed and consistent afternoon can help to ensure that we accomplish our goals, fulfill our responsibilities, and don't let our day encroach into our evening.



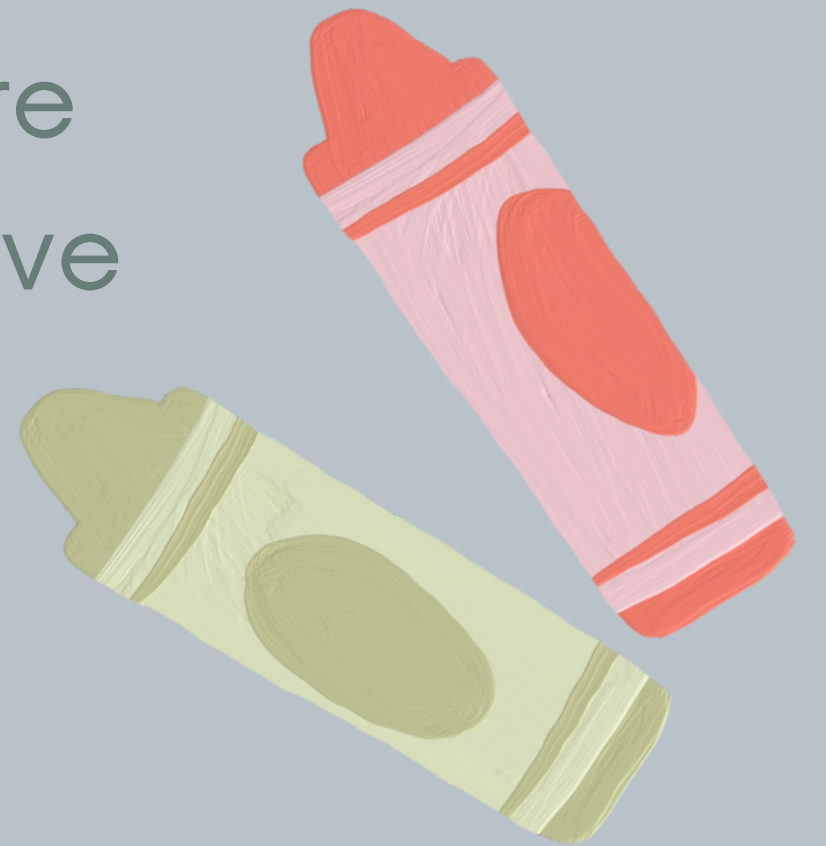
Build an Afternoon Routine

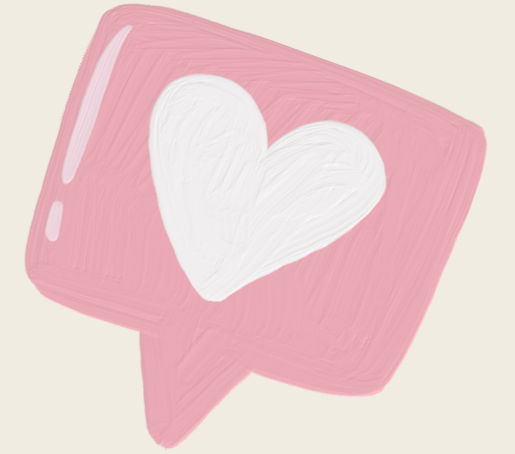
- Ask strategic questions after school
- Have a (healthy) snack together
 - Go for a family walk
- Get all homework done



How we Finish Strong

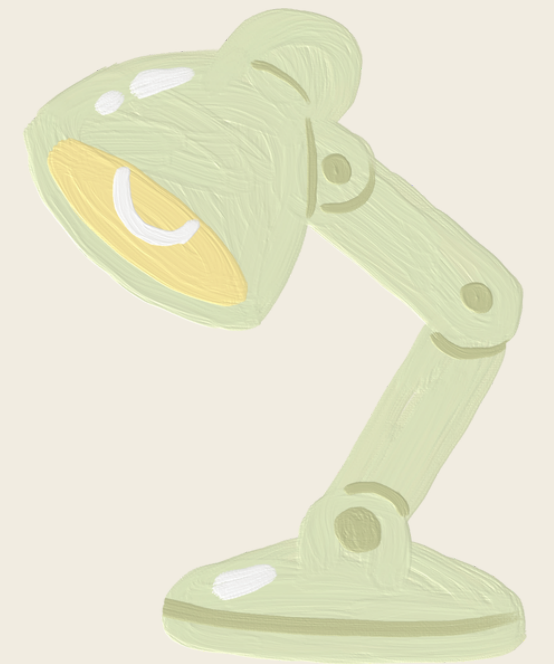
A great evening can help us to feel prepared for the following day. It can also help us to relax, leading to a more restful night of sleep and a more positive morning.





Build a Nighttime Routine

- Set yourself up for a great morning
- Go to bed around the same time every night
 - Do something to unwind
 - Have a family ritual



QUESTIONS



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