



# Creating and Maintaining a Routine

Coffee with the Counselors  
Wednesday 4/22/20

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# Agenda

- Welcome and Introductions  
*(5 minutes)*
- Logistics of Coffee with the Counselors  
*(5 minutes)*
- Presentation  
*(20 minutes)*
- Q & A  
*(30 minutes)*



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# Introductions

Mia Morales

*School Counselor*

*Community Outreach Liaison*

PRIDE Academy

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HELLO I'M

*trying my best*

@ARTSYAFFIRMATIONS

# Logistics

- Please stay on “MUTE” during the presentation
- Ask all questions in the chat feature.
- Questions will be answered at the end, participants will have a chance to talk.
- Webinar is recorded and will be posted on SSD counseling website for other parents to view later. This includes the Q&A portion.



# Parenting during a pandemic comes with many job titles...

@mombrain.therapist

## Objectives

- Create a sustainable routine at home
- Feel confident in new remote learning role



# Why a Routine?

- Helps maintain a sense of psychological safety
- A sense of managing stress
- Increase confidence in adults
- Continues to support disciplined learning in or out a classroom



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# Creating a Routine

- Make it work for your house
- Visual schedule
- Consistent learning spot
- “I am not a teacher, I am helping your teacher”





## Chase's Schedule

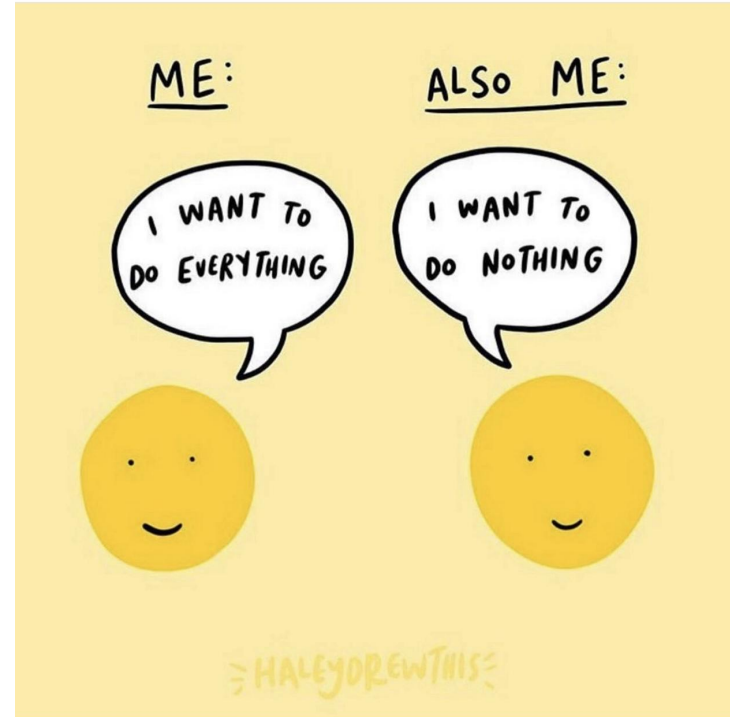
Before 9:00	Wake	Make Bed Brush Teeth Wash Face Eat Breakfast
9:00-10:00	Move Your Body	
10:00-11:00	Reading/Vocabulary	
11:00-12:00	Creative Time	(art, legos, crafts, cool)
12:00-12:30	Lunch-Make Your Own	ju
12:30-1:00	Clean Up	
1:00-2:00	Math	
2:00-3:00	Free Play	
3:00-4:00	Academic Play	
4:00-5:30	Basketball/Soccer	
5:30/6:00	Dinner	



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## Starting the Day

- “How would you like to start the day?”
- Create a transition routine
  - Set up desk
  - Breakfast
  - Moving body
  - Tech Time
- Include clear expectations for the day



# Rewards System



- A “point” for every:
  - Assignment
  - 15 minutes of work
- A decided upon number of points to receive the reward
- What motivates your child?
  - Tech
  - Snacks
  - Lego time

## During the Day

- Cues for Transition
  - “If you \_\_\_\_\_ then you \_\_\_\_\_”
  - “When you chose \_\_\_\_\_ then you \_\_\_\_\_”
- Continue to pause for personal self-reflection
- Household calming routine
  - “I am feeling \_\_\_\_\_ I need \_\_\_\_\_”



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## End of the Day

- Clean up area (s)
- Review work completed - Use of positive affirmations
  - “You worked so hard in \_\_\_\_”
  - “I liked watching you problem solve in \_\_\_\_”
  - “I was so proud when you tried \_\_\_ for 10 minutes”
- Review tomorrow’s schedule
  - Anything need shifting?
  - Open conversation



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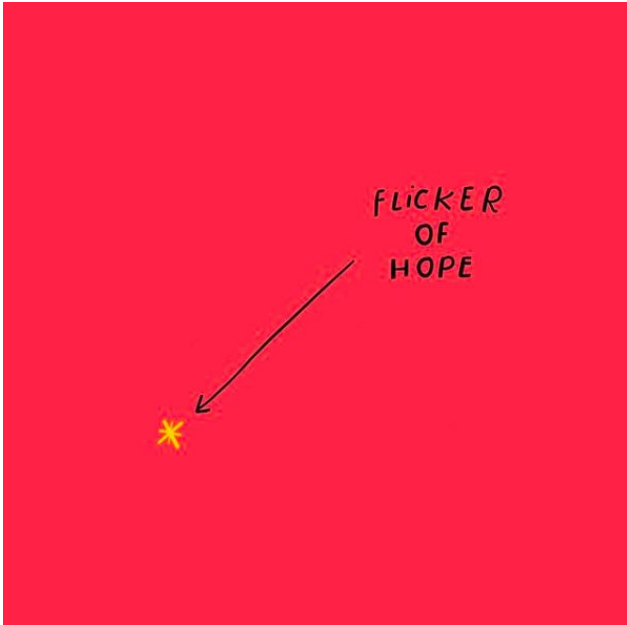
## Takeaways

- A dedicated consistent learning spot
- Agreed upon visual schedule
- A calm down routine (for you and your student)





# Questions!



Please post your question in the chat feature.

I will call on you to unmute yourself and voice your question to get feedback.

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# Thank you!

Join us next Wednesday at  
7:30am for our next session!

*Mindfulness and Grounding  
Techniques* by Tracie F. Perez,  
Rio Seco School Counselor

