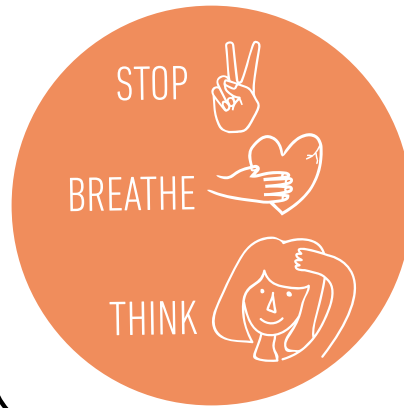




STOP, BREATHE & THINK

# ENTERING THE ROOM



To help students transition from the playground to the classroom, incorporate this ritual at the same time each day before they enter the classroom.

Line students up outside prior to entering the classroom.

Instruct students before they enter the classroom that they will **Stop, Breathe & Think**.



As you say "**stop**" together out loud, students raise their hands and make peace sign fingers. Wait for each student to have peace sign fingers before moving on.



As you say "**breathe**" together out loud, students place two hands over their hearts and take two deep breaths. Wait for each student to have placed their hands over their hearts and taken two deep breaths before moving on.



As you say "**think**" together out loud, students place a hand on their heads and imagine themselves peacefully walking into the room.

Then, encourage students to enter the classroom wellprepared for a day of learning.