



The First 10 Minutes: A Classroom Morning Routine that Reaches and Teaches the Whole Child

By Steve Reifman

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A consistent, effective morning routine sets the tone for the upcoming school day and prepares students for high quality learning. This book presents a three-part routine that reaches and teaches the whole child. Part 1 introduces the morning check-in, an activity that addresses the affective domain by building a sense of inclusion and mutual caring, strengthening teamwork, increasing class bonding, and helping each child feel acknowledged and valued. Part 2 features three types of class discussions that focus on moral and character development and emphasize strong work habits and social skills. The goals of these brief conversations are to inspire children to maximize their amazing potential, build a sense of purpose, and increase student motivation to learn and succeed. Part 3 adds a physical component to this routine that both energizes and de-stresses children to help them achieve an ideal mindset for academic learning. After completing this warm-up routine, students will be calm, relaxed, focused, and confident.

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