

End of Day Routine

Situational Stressor

Triggers:

- Student has difficulty organizing supplies.
- Packing up in a small area resulting in entering others personal space.
- This time of the school day can be chaotic involving lots of movement and talking which can increase stress.
- Student may be worried about where they are going after school (i.e. baby sitters, day care, doctor appointment, extracurricular activity etc.).



Thinking Strategies:

Student Positive Affirmations

- You can't control what other people do. You can only control the way you react.
- I never give up.
- I learn more and more everyday.

Positive Adult Praises

- I had fun with you today. I can't wait for tomorrow.
- Recap the day's positive accomplishments. Celebration is the ultimate management strategy for encouraging joy, hope and optimism. (Appendix E, Reference 27)

Activities

- Brag Bracelet - The "brag bracelets" are given when a child has a shining moment at school or home. A strip of paper with a positive affirmation or positive observation about the student is stapled onto the student's wrist to show their parents. They can be used to promote discussion about a positive moment that occurred at school. (See Activity Template M).
- Optimistic Exit - Before the students leave for the day, invite them to write one thing they have enjoyed or learned. Practicing optimism allows students to strengthen their perspective taking skills, accepting others viewpoints, and correlates strongly with good health. (27)





Focusing & Calming Strategies:

- Spend a few moments reflecting on the day's accomplishments and try to end the day on a high note.

Movement Poses & Breathing (See Appendix C)

- Positive Power
 - Hang Loose
 - Paint Brush Dipping
 - Tranquil Turtle
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- Rhythm of the Heart - Have your students run, jump, do jumping jacks in place for several minutes. Then, talk about how the heart feels. Is it beating fast or slow? Do they notice the pressure from the beating heart? Have them lie on the floor (refresher pose) and place their hand on their heart. Guide them to feel how it slows as they breathe deeply and slowly through their nose.



Sensory Strategies:

- Once a day - Notice students' posture after they have been working in one place for a while. How well they hold themselves upright reflects their degree of alertness. Take short breaks to allow them to move (e.g. shaking out or doing a few jumping jacks), refresh, and refocus as needed. (27)

Teaching Moment

By listening to the things children say about themselves and their experiences, parents and teachers can learn to notice and gently challenge children's unhelpful thinking. The best way to do this is to help children think through the reasons why they think a particular way. Saying things like, "I can see how you might think that, but maybe there's another way of looking at it," or "Let's see how we can check that out," are very useful for helping children change their unhelpful thinking. (16)

Developed by: Alisa Deininger, OTR/L, Sarah Kolic, OTR/L & Denise Young, COTA/L (2016) for Every Moment Counts: Promoting Mental Health Throughout the Day. All of the Calm Moments Cards and supporting materials are free and downloadable in the Embedded Programs tab at www.everymomentcounts.org

