

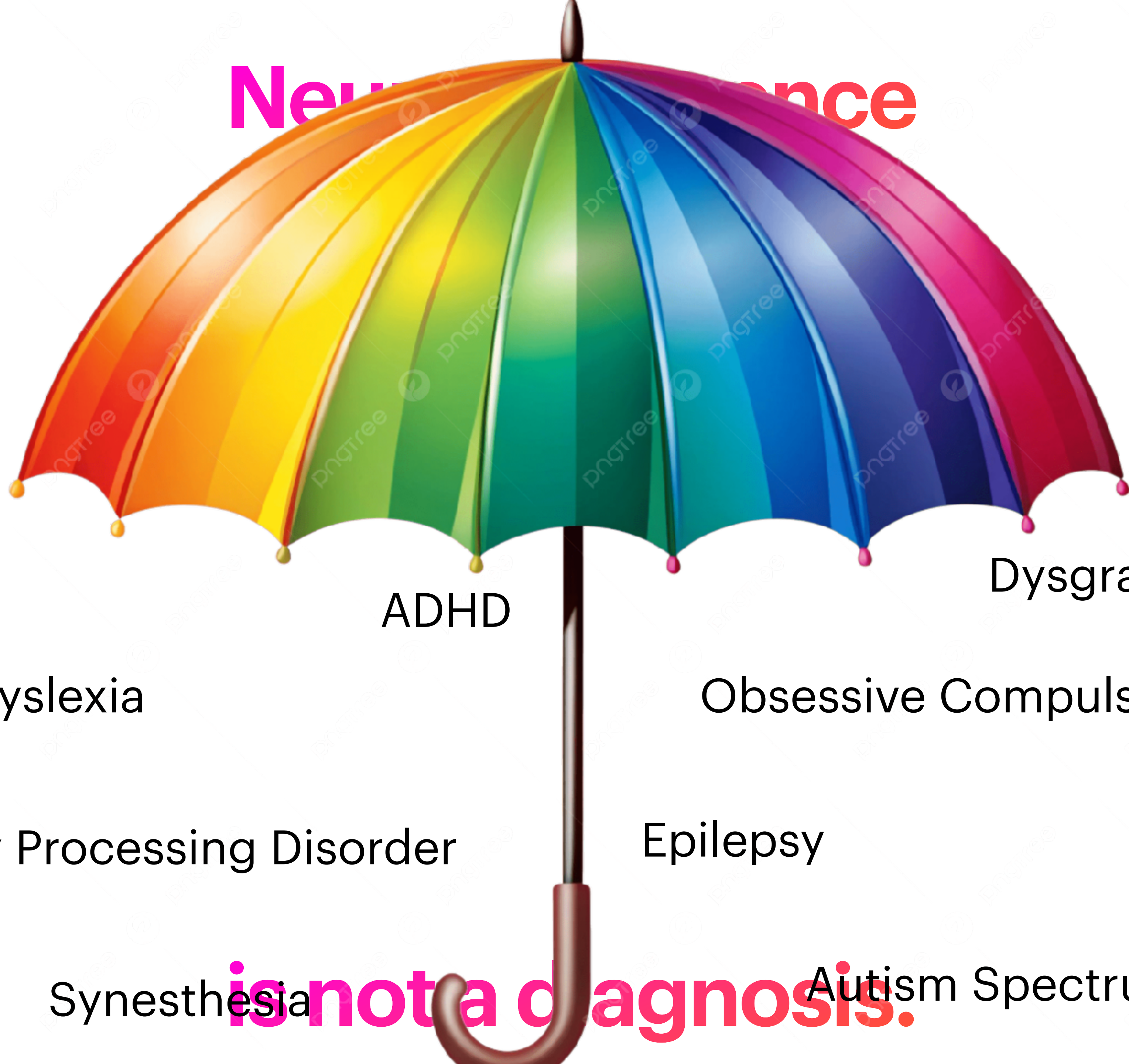
Routines!

**The Most Underrated Power Tool
for Reducing Anxiety**



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Neurodivergence



ADHD

Dysgraphia

Dyslexia

Obsessive Compulsive Disorder

Sensory Processing Disorder

Epilepsy

Synesthesia

Autism Spectrum

is not a diagnosis.

“My Child is Neurodivergent”

Should be Met with Curiosity

- What form of neurodiversity?
- How does that manifest itself?
- What triggers should I be aware of?

Change?

Raise Your Hand if You Have Had a Recent Change

- Big change?
- Stressful?
- Even the change was good?

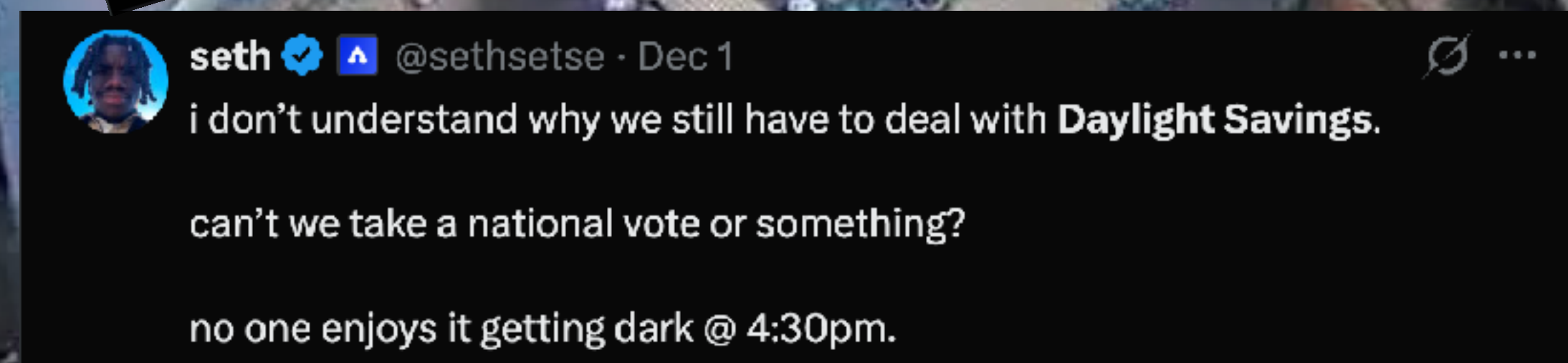
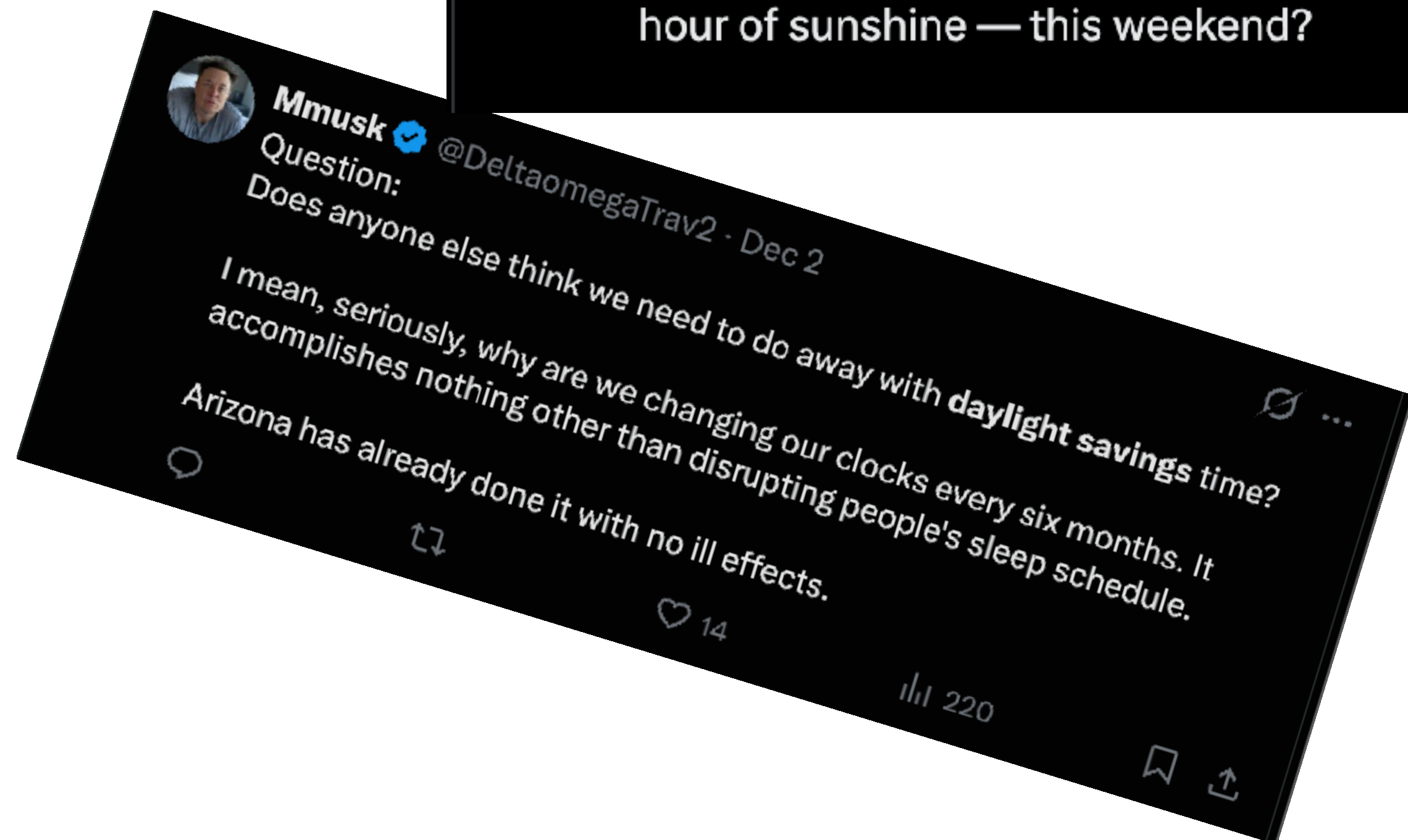
ALL Change is Frightening!

No matter how good the change is

Status Quo = Alive

**“Okay, Cool.
Could ya die, though?”**

Daylight Savings Time



2 Hour Delay Bell Schedule	
Period 1/HR	9:50 10:34
Period 4	10:38 – 11:12
Period 5	11:16- 11:50
Period 6	11:54 – 12:28
Period 7	12:32 – 1:06
Period 8	1:10 – 1:44
Period 2	1:48 – 2:22
Period 3	2:26 – 3:00
34 minutes per period 4 minutes passing time	

Predictability matters

If there is no routine
schedule in your day or
week or month,
everything is change.

And that makes
everything stressful.



A Little Neurobiology

Not much

- The amygdala
- Responds to Perceived Threats
- Activates Fight, Flight, or Freeze Response
- Pro - High Speed
- Con - Low Discernment



A Little Neurobiology

Not much

- The prefrontal cortex
- Analyzes the situation to decide if the threat is big, small, or imaginary.
- If threat is low, instructs the amygdala to calm down.
- Pro - High Discernment
- Con - Low Speed



UNLESS . . .

You have some forms of neurodivergence.

ADHD

Autism Spectrum

OCD

Tourette Syndrome

Sensory Processing Disorder



untangled

GUIDING TEENAGE GIRLS
THROUGH THE
SEVEN TRANSITIONS
INTO ADULTHOOD

Lisa Damour, Ph.D.

*"Untangled is the most down-to-earth, readable parenting book
I've come across in a long time."* —THE WASHINGTON POST

NEW YORK TIMES BESTSELLER

**"One of the best gifts
we can give to our
anxious students is a
predictable routine."**

- Dr. Lisa Damour

Routine Interruptions At School

- Schedule changes for special events
- Fire drills
- Intercom announcements



If a Routine is in Place, We Can:

Prepare students for interruptions.

**Reassure them that we will return to the routine
tomorrow.**

Reflect on the interruption after it is over.

Have Routines For:

Starting class

Transitions between activities

Ending class



Group Ritual

Is a Predictable Moment

Provides Feeling of Belonging

Synchronizes Rhythm

Creates Contagious Calm