

SANITY IN 60...

5 STEPS TO

BRING CALM INTO THE CLASSROOM.



PAUSE BEFORE RESPONDING ↱

Take a breath before reacting to misbehaviour—it helps you stay in control. Those few seconds give you space to choose the best response instead of reacting on impulse.

1



USE A CALM TONE ↱

Keep your voice steady and measured; it diffuses tension instead of adding to it. A calm tone signals confidence and reassures students that the situation is under control.

2



STAND STILL AND GROUND YOURSELF ↱

Plant your feet, slow your movements, and let your presence show authority without raising your voice. This helps you feel centred and projects calm energy to the whole class.

3



HAVE CLEAR ROUTINES ↱

Consistent routines reduce stress for you and the students, making it easier to stay calm. When everyone knows what to expect, there's less room for anxiety and disruption.

4



DON'T TAKE IT PERSONALLY ↱

Student behaviour isn't about you—it's your chance to model calm and keep balance in the room. Protecting your peace means you can focus on teaching, not carrying stress home with you.

5