Youth Empowerment Services, Inc.

CLASSROOM MANAGEMENT
Three Rules to Rule!

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Your Turn: Catch–N-Tell: Beach Balls

- <u>Directions</u> #1: Let's take (3) minutes to get to know each other.

- <u>Directions</u> #2: I going to toss the Beach Balls in the room., and if one of the balls happen to land near you or you happen catch it of them be ready to share out something you learned about the person you just met.

Norms: WELCOME!

Start on time/ End on time.

Active Participation

Cell phones on silent.

Agree to disagree.

Focus on the solution and not the problem.

Objective:

By the end of this session, 100% of participants will understand the importance of establishing clear rules and routines and will be able to apply at least two evidence-based strategies to reinforce expectations and de-escalate challenging behaviors in the classroom.

Classroom Rules

Class Rules

We are nice to others.

We listen to the teachers.

We help keep our classroom clean.

We play safely.

TRAINING AGENDA

◆ Define what it means to create meaningful rules for classrooms.

◆ Introduce and highlight a process/technique for creating, and reinforcing classroom rules

What is Classroom Management?

- The main goal of classroom management is to **reduce misbehavior** in the classroom. (Rules, Routines)

- Effective classroom management gives the students **little** time to **misbehave.** When the **expectations** are **clearly** explained, children **know** what they need to do.

- A well Manage class promotes self-control, and consistent enforcement.

Quick Write: Why are classroom rules imperative and should be reinforced for children? Share out! *(60 seconds)*

Ice Breaker: Activity:

ROCK WITH Me!

Rules:
1. Clap on the opposite of your partner.
2. Stay on beat.
3. Complete every move.

Routine: When the song " Rockin Robin" begins
1. You clap once in front of you to key words … "Were going to Rock"
2. Clap Side (Pick a side)!
3. Clap Side (Pick a side)!
4. Clap up
5. Clap down
6. Clap 3 times on tweet, tweet, tweet! Start OVER COMPLETE TWICE!

https://youtu.be/u2vzTKh-O5c

What Just Happen?

1. What did we just do?

2. What did I do to help you to become more comfortable with this activity?

3. In order to execute this activity, what did I have to make sure you knew?

Classroom rules provide the structure and guidelines needed to create a productive learning environment.

Let's Talk about your Rules.

How many rules do you implement in your classroom?

There are **three (3) rules** to teaching the rules in your class.

1) **Explain!**

2) **Rehearse!**

3) **Reinforce!**

1. **Explain:**

- **State the rules:**- Read them out loud, read them together with the students, get creative and sing them out!

- **Explain the rules:** – Using icons, pictures.

- **Model and demonstrate the Rule:** Daily, throughout the day (Beginning, Middle and End).

2. Rehearse:

- **<u>Rehearse the rules</u>:** Have student to rehearse the rules and practice the rules under your supervision.

  <u>AP</u>: What does this do when you implement rehearsing of the rules?

3. Reinforce:

- **Reteach:** When you see that your student are falling short. take it back to the board. (Wherever its posted)

- **Rehearse:** Have student to "Stop Drop and Recite" This is walking through the rules all together or individually with the student(s)

- **Practice:** **On the spot, during every opportunity.**

- **Reinforce:** **Immediately at first sight! When that rule is being compromise.**

When you implement these three rules of rules in your classroom daily the rules becomes a student habit and or a routine.

Remember to Practice! Practice! Practice!

Reflect/Connect:

Which of the three rules introduced is the most challenging for you to implement in your classroom.

Creating Classroom Rules is one component of a well-organized classroom.

Activity: Elbow Share

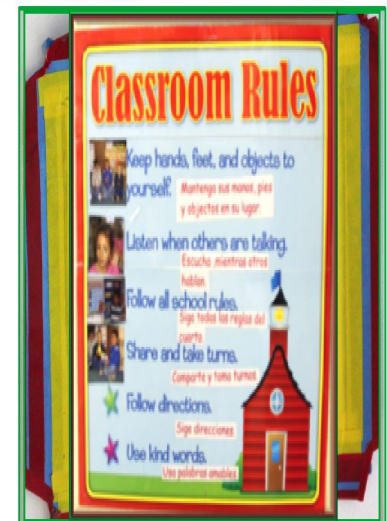Think about one (1) rule you use from your early/current years of teaching.

Directions:

With an elbow partner (On your left or right)

- <u>Discuss</u> why the rule would be important in the classroom.
- <u>Share</u> the potential challenges for children in following the classroom rule of choice.

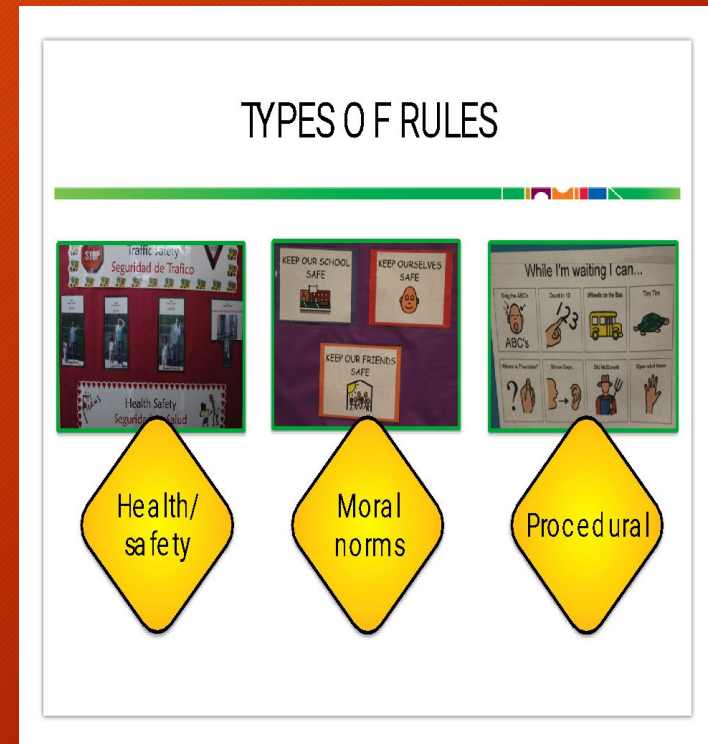Share highlights with whole group.

LEARNING ACTIVITY

Classroom Rules

What are the benefits of classroom rules for children?

Benefits of classroom rules for children:

- **Promote** school readiness.
  - » Learn societal norms
  - » Learn school norms
  - » Friendship skills

- **Support** self-regulation.
  - » Impulse control
  - » Sustained attention
  - » Solve problems.

- **Benefits** for adults
  - » When children follow classroom rules, teachers can focus more on teaching.

TYPES OF RULES

Health/safety   Moral norms   Procedural

Benefits: IGP reflections

- How have you, and your students benefited from using rules in the classroom?

- Have the rules you created and implemented so far made a difference in your classroom, if so, how?

- What would you do differently now that you have heard from your colleague using the new information learned?

CREATING AND USING CLASSROOM RULES

- Classroom rules support engaging and well-organized classroom environments for teachers and children.

- Creating classroom rules is important for helping children take ownership of their classroom as they become members of a group.

- Classroom rules also help create a consistent and predictable classroom environment.

Food For Thought!

When children create rules, they first <u>parrot</u> adult rules, then <u>reinvent</u> (elaborate) established rules, and finally they <u>invent</u> original rules.

"Children benefit from <u>involvement</u> in rule <u>creation</u> but will display <u>varying</u> levels of <u>understanding</u>". (Ann Epstein 2009)

Activity#1: Create or share rules you use in your classroom/After School Program:
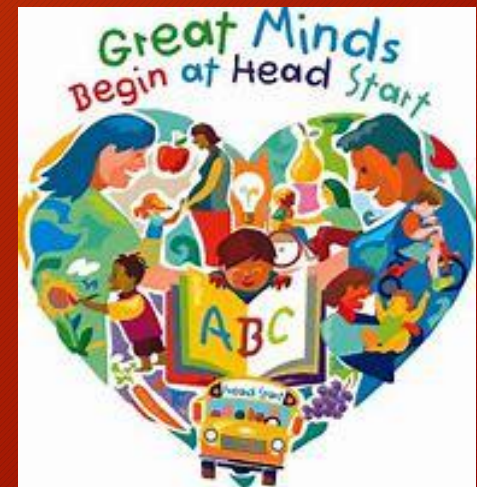
Writing Classroom Rules:

<u>Directions:</u> Add / create additional rules to the first rule you discussed earlier that you used in your classroom.

Remember to use statements that are;
- short
- clear
- limited to the behaviors you want to see, &
- positive in tone.

Be prepared to share Out! (2 mins.)

Quote: (Smith, 2017)

" The reason positive reinforcement is important in the classroom is that it can be used to effectively change student behavior" (Smith, 2017).

Fun ways to Reinforce Rules in the classroom

- Sing the rules – In Music center.

- Act out expected behaviors – In centers.

- Foster discussions about rules and procedures.
- Reward positive behaviors -Through out the day.

- Start the day with a morning meeting – During Breakfast

Effective Classroom Management

Ultimately, **<u>effective classroom management</u>** is one of the most important traits of a successful teacher.

A successful strategy is dependent on firstly building the **<u>foundation</u>** of a positive classroom learning environment where students feel individually respected.

Give/Show ME Five Example:

Understanding the Link Between Classroom Management and De-escalation

Creating Calm, Predictable Environments that Support Student Behavior

Classroom Management connection to De-escalation

Understanding the connection:

- Identify how strong classroom management reduces behavioral escalation.

- Describe the components of proactive classroom management.

- Apply de-escalation strategies aligned with classroom expectations and routines.

What Is Classroom Management?

- Structure, routines, and expectations
- Teacher-student relationships
- Physical environment
- Instructional engagement
  - ➡ *Good management = fewer triggers for escalation*

Causes of Escalation in Poorly Managed Classrooms

- Inconsistent rules
- Lack of clear expectations
- Overstimulating or chaotic environments
- Misunderstood behaviors

(Add a visual showing a cycle of escalation)

Proactive Classroom Management Strategies

- Post and review rules daily
- Use consistent routines
- Reinforce positive behavior
- Offer choices and voice
  - ➡️ *Prevention is the first de-escalation tool*

The Escalation Cycle Stages:

1. Trigger
2. Agitation
3. Acceleration
4. Peak
5. De-escalation
6. Recovery

   (Include diagram of the cycle)

De-escalation in Practice

During escalation:

- Stay calm and non-threatening
- Use few words and soft tone
- Remove audience if needed
- Offer regulated choices (e.g., "Would you like 5 or 10 minutes to cool down?")

Bridging the Two – Why the Link Matters

Effective classroom management **reduces** escalation frequency.

- De-escalation techniques are more effective in a **well-managed** setting.
- The two work together to build a **safe, respectful learning environment**.

Reflection & Discussion

Prompt:

- What is one change you can make to your management style to reduce escalation?
- What has worked for you when a student begins to escalate?

Key Takeaways

- Proactive management is your first line of defense.
- De-escalation begins before behaviors occur.
- Consistency, clarity, and connection are key.
- You can't de-escalate chaos—structure supports success.

Final Takeaway: The Connection Between Rules, Routines, and De-escalation

Strong classroom management and effective de-escalation are not separate skills—they are deeply connected tools that support one another.

The Connection Between Rules, Routines, and De-escalation (cont.)

✅ **Rules and routines** provide the structure students need to feel safe, secure, and successful. They reduce confusion, increase cooperation, and minimize behavioral disruptions.

✅ **De-escalation strategies** are most effective when used in a classroom where expectations are already clear, consistent, and reinforced with care.

When students know what to expect, they are less likely to act out. And when challenges do arise, calm, practiced responses from adults can stop escalation and preserve learning time.

Parting Reflection for Participants:

1. What is one classroom management strategy you will implement this week?

2. What is one de-escalation strategy you will practice when tension rises?

📣 Responding to Behavior: Calm & Constructive Redirection

Practice using de-escalation scripts to respond to challenging behavior using a calm tone, validating statements, and choices that depersonalize conflict.

Identify three "power-neutral" phrases and redirection cues (e.g., "Let's try it this way," "I'll wait," "You can choose...") that reduce resistance and help avoid triggering escalation.

Transition Planning to Minimize Escalation

Plan three transition strategies (e.g., visual countdowns, sensory breaks, calming music) to proactively reduce escalation during high-stress moments such as cleanup, lining up, or arrival/dismissal.

🧰 Environment as a De-escalation Tool

Analyze a classroom setup and recommend at least two changes that reduce sensory overload and increase accessibility to calming tools (e.g., cozy corner, fidget box, personal space markers).

Design a calm-down area with at least four supportive elements (e.g., visuals, breathing prompts, sensory tools, emotion cards) that can be used independently by students during escalated moments.