

Reboot Your Classroom

5 R's to Restart the School Year Strong



The holiday parties are over, the days of resting non-stop have come to an end, and you're back to school for the new year. But your students (and maybe even you) are dragging in and not quite ready to dive back in to the school work. So, how do you reignite that spark to help them power through the rest of the school year?

On Our Sleeves is sharing the **5R's to help you reset after the break.**

1. Reflect on the Break

Don't ignore the break! Take time to talk about it! Your students have had two weeks of different experiences and while some may be eager to share, others may be more hesitant. Here are two different ways to encourage reflection for all comfort levels:

- **Group Sharing:** If you make time to share in a group, avoid focusing on gifts or fancy trips, which could make some students feel left out.
- **Private Reflection:** Offer a chance for students to write about their break, to help them reflect without the pressure of comparing themselves to others. Reading their entries can give a glimpse into how their break was!



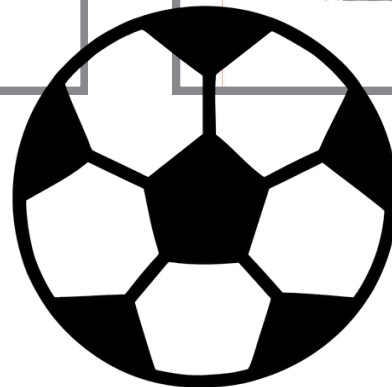
Conversation Starters for Reflection

Use these conversation starters to encourage group sharing or private reflections with students about their break.

- Which relative did you most enjoy seeing?

- What is one fun thing you did over the holiday break?

- What is your favorite dessert, candy or treat that you had over the break?





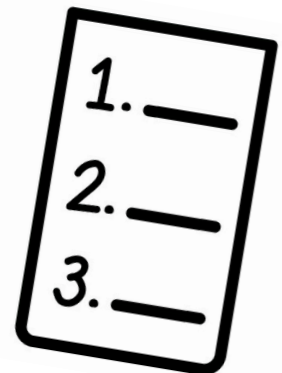
2. Refresh Your Space and Mind

- Re-arrange the room and change out the décor for a fresh start! This can be as simple as changing the seating layout to as elaborate as a new bulletin board design!
- Bring positive energy by greeting each student with a smile Read a positive affirmation before each school day to get yourself into a positive mindset. This can impact your students' moods too!
- Continue to praise student's efforts over their results and use growth mindset phrases when needed to encourage students.
- Share or read stories about characters who overcome challenges to help inspire a sense of resiliency.



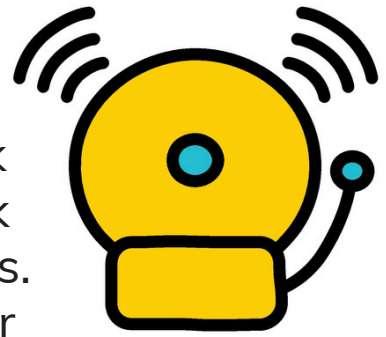
3. Re-establish Routines

Just like you did at the start of the school year, set aside classroom time to review routines and remind about daily schedules and practice classroom routines. Going over the rules and expectations of your classroom with your students can help them to feel grounded and know what to expect.



4. Reboot Your Student's Focus

Let's face it: most students probably didn't pick up a book or pencil over the two-week break. Consider starting small to ease back into work and build up their tolerance levels. Try to mix in games and technology to their usual learning to break up more intense academic work. Then, you can slowly ease away from using games and technology as students get back into their groove. Remember, how long this takes can depend on your student's age and grade levels!



5. Recognize and Celebrate Progress

Keep celebrating your students' wins, both big and small! Reflect with them on how far they've come this year because it can help motivate them to keep growing. A little recognition goes a long way to keeping the momentum going.



Although we know it's tough to get back into the swing of things after a long break, with a little planning, some fresh energy, and a whole lot of positivity, you'll be able to give both yourself and your students the boost to finish strong!