



Willow Journal

October 4, 2019

Written By: Jacki

Teacher Jacki: After music with **Teacher Dani** we eat a snack. After snack time we go to the bathroom and get ready to go outside.

Child: Ya and lunch, and mommy comes back!

Routine. We've all heard routine is essential for children. They know what to expect, can trust their surroundings, and feel powerful. Humans are afraid of many things, but "the unknown" edges out everything except death and public speaking for most people. Children's fear of the unknown includes everything from a suspicious new vegetable to a significant change in their life. For better or worse, children are confronted with change daily, which is a growth opportunity, but also stressful. Children, like the rest of us, handle change best if it is expected and occurs in the context of a familiar routine. A predictable routine allows children to feel safe and to develop a sense of mastery in handling their lives. As this sense of mastery is strengthened, they can tackle larger changes.



One of the more substantial changes is navigating the classroom with 14 other children. We are seeing some children begin to play with one another and also test each other. Our 2-year-olds are learning the art of cause and effect. "If I kick over someone else's structure, what will happen?" Our 3-year-olds are exercising their patience and need to speak up for themselves. "I was working on a building, and he/she kicked it down."

As the children continue with their routine, taking on new

adventures, exploring feelings and making friends, they are growing and mastering in one area and building another from the ground up. As a teacher, I am continually reflecting on this "routine" when I am planning with my co-teachers. For example, we noticed that the MWF class has more energy in the morning than in our TTH class. We discussed starting outside (which would mean the Oaks would have to start inside) but after talking it through we realized that it would change our entire routine and that is the LAST move we want to make. Instead, we rotate into the piazza for small groups, and this allows us to get considerable energy out, intimate time together, and above all, release the high energy in a supportive manner.

How do you use a routine in your house? Do you find that routine matters? What is crucial in your routine? How can we support your routine?



Materials

Markers

Loose parts

Montessori Cylinders

Construction vehicles

Activities

Loose Part building

Introduction to Markers

Dramatic play area set on table-
Construction

Leaf Design