

THE WEEK 1 SURVIVAL KIT

3 Classroom Strategies + Family Scripts to Start Confident

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YOUR 3 STRATEGIES FOR WEEK 1 

1. Build relationships fast:

Goal: Learn 5 students names and 1 special fact about themselves (favorite stuffed animal, pet's name, etc.)

Do this: Greet them at the door. *"Good morning, Maya! I heard you love dinosaurs!"*

Why: Kids feel safe when they're acknowledged.

2. Teach routines 2 times per day.

Goal: Less chaos, calmer classroom.

Do this: Walk your visual schedule together. Morning. And after lunch. Point + name each step.

Why: Predictability = fewer meltdowns

3. Set up a calming corner.

Goal: Give kids a way and a place to reset.

Do this: 1 basket + 2 items. Example: squishy ball + feeling chart. 1 rule: *"Calm bodies here".*

Why: You can't pour from an empty cup. And neither can they.

CONNECT WITH FAMILIES 🧡👉

- a. Day 1**-Send a voice note instead of a generic email.

"Hi Mrs. Rodriguez! I just met Maya and she talked all about her cats.

I'm so excited for our year together!"

- b. Pickup Question:**

"What's one thing I should know about ____ to help them feel safe this week?"

- c. Send a photo of each student with a specific note.**

"Look who built a tall tower out of blocks!"

One day, one strategy at a time.

Watch me explain these here:

<https://www.youtube.com/@CristinaCoachECE>

Follow for more: <https://cristinacoachece.org/>

You are valued!

You are growing!

You are becoming!

