



Education  
Endowment  
Foundation

# Routines?

Cultivating a calm culture of learning in our classrooms, with a smooth start, means we can reduce overloading pupils' working memory, gain learning time and demonstrate our high expectations.

Maximising this learning time by teaching learning behaviours is more crucial now than it has ever been.

## **Three reasons routines are crucial in successful schools**

1. Routines allow us to dispense with a large amount of extraneous decision making and focus on teaching.
2. Routines support the building of safe relationships, schemas and social norms. This particularly benefits students who do not experience this outside of school
3. Routines support every adult in school, whatever their experience or role, to take an active and empowered role in student learning and welfare.

# Routines: Morning Greeting

How

## Entry Routine



### **All teachers should:**

Be on their doors (1 foot in, 1 foot out)

Greet students as they enter, reminding them to go to their allocated seats

Check uniform, and do not allow students in without correcting their uniform

Formally greet the whole class, so that you can do the register

## How

# Exit Routine



### **All teachers should:**

Allow adequate time for packing away and cleaning the classroom

Ask students to put equipment away and stand silently behind their seats

Check the classroom to ensure you are happy, and praise or correct as needed

Be back on the door, dismissing students row by row, ensuring a safe flow through the exit, checking for issues in corridors as appropriate.

# Teaching Habits

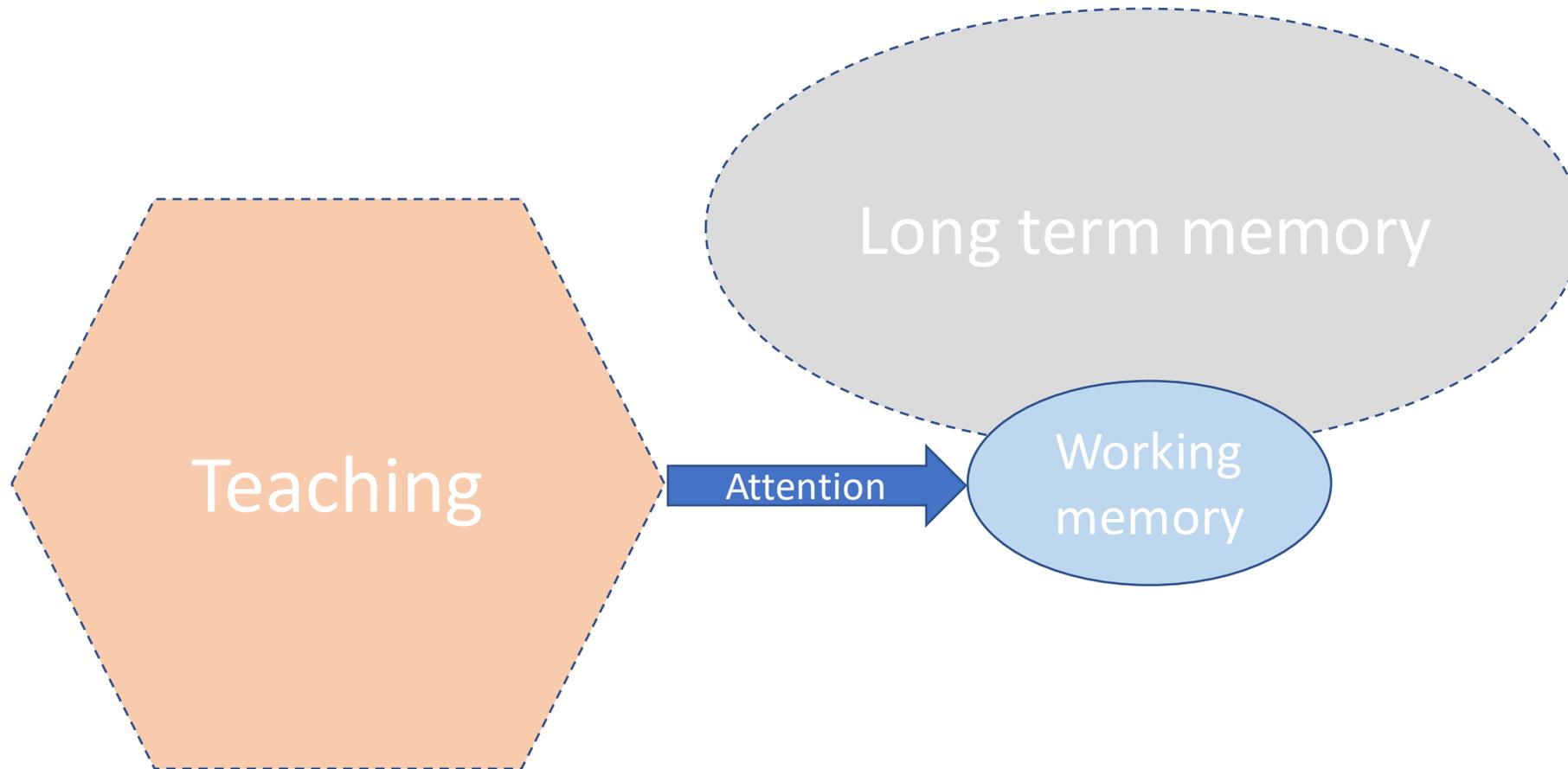
**1. Recap**

**2. Model**

**3. Practise**



## Why is attention so crucial?



**Our silent attention routine is being used in 95% of lessons seen.**

**But what next?**

**MAINTAINING ATTENTION**

## Why is attention so crucial?

Parent view:

'You say that there is 100% attention but that's not what my child is saying'

So... do not tolerate disruption.  
Give named reminders and sanction.

**Do you have complete attention in your classroom?  
Are students keeping 'hands free', 'eyes on me'?**

Praise the students who get it right!

'Thank you for your absolute 100% attention Emma'

# 'Deliberate silence'

Research suggests that silence itself is beneficial both physically and psychologically.

Spending time in silence has been found to have positive effects on the body in terms of reducing blood pressure, boosting the immune system, reducing blood cortisol, promoting hormone regulation and prevention of arterial plaque formation.

Psychological benefits of silence can include enhanced creativity, focus, self-control, self-awareness, perspective and spirituality.

# 'Deliberate silence'

If you ask for deliberate silence, then **maintain it**. It should not mean low level chat (If you want students to discuss something use the turn and talk strategy).

Tell students **why** it is deliberate. 'Being silent helps us to learn without distraction' or 'silence helps creativity' or 'silence helps you to learn more deeply and process easily'.

**Do not interrupt** your own silence.