

Tone-Setting Rituals Menu

Title: *Tone-Setting Rituals for a Calm, Predictable Start*

Purpose: These short routines help learners feel grounded, welcomed, and ready to learn.

Morning Greeting Options

- Handshake, high-five, or wave
- “Good morning, [name]”
- Smile and eye contact
- Greeting card at the door (students choose a greeting)

Opening Routine Options

- “Do Now” activity on the board
- Quiet reading or journaling
- Short mindfulness moment (30–60 seconds)
- Quick review question from yesterday’s lesson

Call-and-Response Cues

- Teacher: “Class, class?” Students: “Yes, yes!”
- Teacher: “One, two, three...” Students: “Eyes on me!”
- Teacher: “Ready?” Students: “Ready!”

Emotional Check-In Options

- Thumbs up / sideways / down
- “How are you arriving today?” scale (1–5)
- Quick feelings chart
- One-word check-in

Calming Rituals

- Deep breath together
- Stretch and reset
- 10 seconds of silence
- Soft background music during settling time