

Morning Routine for Educators



Before you check your phone,
notice: did you reach for it first, or
for sunlight, tea, quiet?

What did you actually reach for this
morning?

Rung 1 of 10
Wake



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Step outside for a moment, no timer. Notice clouds, birds, air, light.

What did you notice?

Rung 2 of 10
Nature



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Notice your natural arousal level.
Choose music, podcast, or silence
that matches what you actually
need today.

What did you choose, and how did
it feel?

Rung 3 of 10
The Drive



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Notice the energy in the room. Do you borrow it, or protect your own morning first?

What did you choose to do today?

Rung 4 of 10
The Staffroom



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Rung 5 of 10
Meeting the First Child

Use the isoprinciple. Eg. shift your own energy up or down to meet where they are.

Which child did you meet first this morning?

What part of your arousal, energy, and/or mood did you shift?

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Rung 6 of 10
Plan your Pockets

Check your pockets: something to fidget, something to blow, something to hide and find.

What did you pack today?

What was the intention of the resources that you packed?

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Rung 7 of 10
Dysregulated Child

Check, assess, lead, monitor — live.
No rushing them, no fixing, just
steady presence.

What did you notice in their body?

What did you notice in your body?

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Settle the parent first. Ask something real: how many birds, how many clouds, how many coloured cars.

What did you ask?

What did you notice, together?

Rung 8 of 10
Parent at the Door

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Rung 9 of 10
Child's Entry Ritual

Let them set up their own start. Eg.
push the trolley, lift the basket,
hopscotch in.

What job did they choose today?

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Rung 10 of 10
Room Scan

Look around: how many are shut down, hypervigilant, or hyperaroused right now?

Your count, and who needs you first?
