

# CREATING MY OWN SCHOOL RHYTHM

DIRECTIONS. USE THIS PAGE TO JOT DOWN IDEAS FOR CREATING YOUR OWN COZY RHYTHM FOR ONE PART OF YOUR DAY. INCLUDE THINGS + THINGS THAT AREN'T THINGS FROM YOUR OTHER PAGE IF DESIRED. YOU MIGHT IMAGINE YOUR RHYTHM IN TERMS OF FIRST, NEXT, THEN, AND FINALLY. OVERALL, TRY STEPS AND MAKE CHANGES UNTIL YOUR RHYTHM WORKS WELL FOR YOU.

#BuildingTraumaSensitiveSchools

*During Writing*

**WHAT MAKES THINGS HARDER?**

- Distractions like music or social media
- Not having what I need to be comfortable
- Not having enough light or breaks in nature

**WHAT HELPS?**

- A quiet space and putting my phone away
- Having comforts like fresh ice tea, my pup, and stickers
- Being able to see nature and take breaks

*Ms. Jen*

MsJenAlexander.com

#BuildingTraumaSensitiveSchools

**WHAT MAKES THINGS HARDER?**

**WHAT HELPS?**

MsJenAlexander.com

#BuildingTraumaSensitiveSchools

*During Writing*

**MY RHYTHM**

1. First, come to class with something cold to drink in my water bottle, and put my phone out of sight.
2. Next, write from a spot where I can see the window and ensure that a photo of my pup is nearby.
3. Then, use a visual reminder that says, "When you get stuck, take a break." I'll look at nature magazines for my break if I can't go outside.
4. Finally, I'll choose a sticker for my work.

*Ms. Jen*

MsJenAlexander.com

#BuildingTraumaSensitiveSchools

**MY RHYTHM**

MsJenAlexander.com

NOTES

