

CHAMPIONEERS!
CLASSROOM ADVENTURES!

OUR CLASS RULES!

FOR THE BEST CLASS EVER!



**7 Rules for Happy,
Healthy Classrooms!**

By Deanna Rhinehart



OUR CLASS RULES

CLASSROOM ADVENTURES!

Your AMAZING school-family!

“Our Class Rules” is one of my all-time favorite Classroom Adventures! Much like a traditional home, your classroom is a school-family with its own unique culture. In order for the members of your school-family to function in a happy, healthy manner we need to intentionally build your classroom culture with the Seven Essential Elements required for Emotional Safety.

“Our Class Rules” helps students discover and celebrate their school-family while establishing guidelines to take care of each other’s things as well as each other’s hearts.

Champions! Classroom Adventures are far more than fun and games. They are a step-by-step approach to develop classroom culture where students gain life-success skills and coping tools utilizing neuroplasticity, and social and behavioral sciences. It’s Play Therapy for the whole class.

Enjoy this very special Classroom Adventure, and remember, this is just the beginning of many adventures you can bring to your classroom. From themed units to simple monthly events, we’ve incorporated all these powerful tools into one, simple, done-for-you system.

To your happy, healthy classroom,

Deanna

Deanna Rhinehart, Founder
Champions Emotional Safety Education

More adventures await you at:

www.champions.com and

www.FamilyNightAdventures.com



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IT'S TIME FOR **OUR CLASS RULES**

Developing emotional safety within your classroom is a key to many social-emotional and behavioral issues. Even when trauma is experienced in the home, emotionally safe classrooms can provide the framework and tools for students to overcome both school and home related trauma.

According to Maslow's Hierarchy of Needs, in order for students to optimize learning and reach their creative potential every tier of their emotional needs must be met first. The irony is schools teach to the highest level of achievement while most students live in the second or third tier of emotional distress.

The answer is to establish emotional safety in each level of Maslow's Hierarchy within your classroom so children can aspire to their potential. The reality is most educators don't realize this is part of the issue and even for those who are aware they don't know how to address it.

The results have been devastating to the dreams and destinies of our children. When they feel emotionally vulnerable their survival instincts take over. Combined with unprecedented national and global events, stressed parents, and increased trauma in the home we've seen the rise of suicide and homicide to become the second and third leading causes of death for youth as young as 10-years old!

Champions! Classroom Adventures can help you create an atmosphere where children want to learn and lead. I can't promise every child will become an angel overnight, but I can tell you we've seen thousands of them transform before our eyes.

Here are some of the things we'll cover in this adventure.

- ◆ You'll discover how to celebrate the members of your school-family while learning how to respect each other's things and hearts!
- ◆ You'll dream together and discover what makes your class uniquely awesome!
- ◆ You'll create your unique classroom rules based on the 7 Essentials for emotional safety!
- ◆ Enjoy "Our Class Rules" Activities!

BEST CLASSROOM EVER!

Family Rules and Our Class Rules are my heart-felt gift to help build happy, healthy schools and homes. Enjoy and share the love with your friends and fellow teachers! - Deanna



TEACHER PREP

THE BEST CLASSROOM EVER!

OUR CLASS RULES!

School culture is one of the most complex and volatile cultures of all. I've dedicated an entire course to this called *Peer Power* that goes into depth. In a nutshell, campus culture is the sum of everyone involved. That includes students, parents, staff, admin, community, state and federal influences. If there are not enough common values, belief systems and goals to establish emotional safety, survival instincts take over and create a toxic campus culture.

It's not the differences that divide a culture, it's when we forget how much more we have in common and the incredible value of every individual regardless of our differences.

Before we jump in we need some emotional ground rules that must consider the family influences of your classroom culture. Family values are deeply personal and in our modern culture can be dramatically different from family to family. Most have several things in common, however. The most common is our love for our children. This instinct alone can be unifying or polarizing to an educator depending on the level parents feel emotionally safe and valued by their child's teacher.

We're also seeing a loss of basic parenting and coping tools leaving many of us overwhelmed by behavioral management instead of reaching our educational goals. All of this is brought into your classroom where teachers are required to help all their students perform on that top tier of Maslow's Hierarchy.

In addition, there are essential non-negotiable



elements wired into the very survival DNA that are required for emotional safety. This is where we unite regardless of all other factors. It is critical to search for the commonness while also celebrating individualism. If not you will create an environment of isolation and divide for your students. It starts with honor.

Here is how you can help your students learn honor during your Classroom Adventuress!

HONOR TOOLS!

1. No judgements or criticisms.
2. Ask open ended questions that require more than a yes or no answer to get your students thinking about why they feel the way they do.
3. Allow everyone to share equally.
4. There are no right or wrong answers when it comes to feelings. Feelings are what they are so guide your student discussions to seek to understand, then to be understood, then be willing to honor each other's views even when they are different.

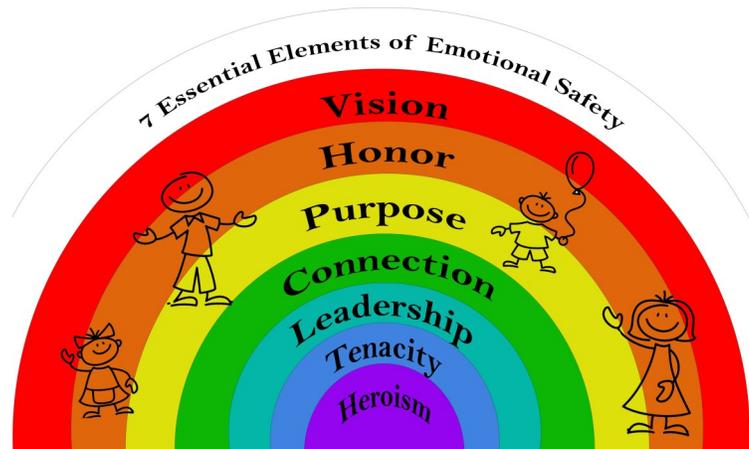
SCHOOL-FAMILY BY DESIGN



Your school-family is very special in your life, but these relationships are also some of the most emotionally vulnerable. In a lot of ways building your classroom culture is as important as building your family culture with classmates you'll potentially go to school with for 12 years! Happy, healthy classrooms don't just happen. They are designed, developed, and maintained.

There are seven essential elements needed to create a culture of emotional safety in your classroom

1. A Culture of Vision
2. A Culture of Honor
3. A Culture of Purpose
4. A Culture of Belonging
5. A culture of Leadership
6. A Culture of Tenacity
7. A Culture of Heroism



Each of these items are addressed in the training course you received with this Classroom Adventure! These essential elements form the outline of Our Class Rules.

Take a moment to consider how each of these essential elements could be incorporated into your classroom. It's important you think through these items before you pose discussion questions with your students. You will be leading your students through a process of discovery but you need some time to marinate on this information first so you are the one leading the narrative. Otherwise your students might impose rules that include "Unlimited Candy For All," instead of rules they really need. You are the project manager, your students are the decorators.



BEFORE THE ADVENTURE BEGINS

Students LOVE anticipation and will match your excitement so make a really big deal out of Classroom Adventure and an even bigger deal out of preparing for it. Children learn by “feeling” so expressing your excitement tells your students how valued they are and how important this is for all of you. Talk about it for days before it happens. Make a count down calendar. Tape announcements on the doors. Turn it into a really big deal. Treat it like a mini-camp. Assign simple prep jobs. All these things provide the feelings of significance, belonging, leadership and ownership.

PREPARATION: OPERATION BEST CLASS EVER!

- ◆ Set the atmosphere of your classroom adventure.
- ◆ Since you are celebrating your school-family theme your adventure to represent all class members.
 - ◆ It can be your school colors and mascot
 - ◆ Back-to-school
 - ◆ A puzzle theme utilizing the puzzle game to show how you all fit together!
 - ◆ How about a picture frame theme using the self pictures your students will draw in one of their activities.
 - ◆ A bulletin board with favorite pictures each child brings to represent them and their family?
- ◆ Gather and set out items needed for the games and activities so everything is ready in advance.
- ◆ Consider student job assignments such as: Classroom adventure captain to officially declare the start, announcer, tech helper, project helpers, or roll-call song leaders. The more jobs the better!
- ◆ Utilize the PTP Program (Parent Teacher Partners) to get your moms involved!

HALF THE FUN IS
THE ANTICIPATION!



OUR CLASS RULES

STEP-BY-STEP GUIDE

1. AGENDA

Students thrive with structured schedules (our survival instincts like to know where we're going) but our intelligence and curiosity love safe surprises built into them. Print off the agenda on page 20 and place where students can see what to expect next.

2. COUNT DOWN

Students retain information based on the level of excitement and energy it's presented to them. Get them excited and counting the days and minutes for greater focus, longer retention, and deeper integration!

3. GATHER YOUR TEAM

Tell your students it's time for a special Champions! Adventure. Explain that you're going to play the official Champions theme song. They have the length of the song to find their spot in your circle. They get to wiggle and dance and sing along but when the music stops everyone must drop to their spot, criss-cross applesauce (legs crossed, hands folded in lap), no more talking, ready to go. It's helpful to practice.

4. WAY-TO-GO!

If you are participating in a weekly or monthly Champions! Adventure this is the time the kids show off their leadership challenges and other accomplishments. Always praise your children for the prep efforts made for Family Night and publicly acknowledge all who are gathered.

5. TRANSITION TO LESSON

When everyone has finished sharing it's time for your lesson. Do a quick review of the four Honor Tools found on page 4.





- ◆ You'll discover what makes your class so uniquely awesome! (Hint, because you're in it!)
- ◆ You'll discover how your class is like a big school-family that all fits together!
- ◆ You'll explore ways to take care of each other with Class Rules.

Remember :

1. All Ideas Count
2. Share & Take Turns
3. Be Kind Always

Game #1 - We ALL Fit Together!

- Before you start your Family Night Adventure, photocopy a picture of your family, preferably on card stock.
- Cut into puzzle pieces allowing one for each member PLUS one additional piece to be hidden somewhere in the house. Place one puzzle piece in an envelope for each family member.
- Give each family member an envelope explaining that they are a priceless part of your family. Have them put their puzzle together (If your children are older you can make the pieces smaller and give each person several pieces in their envelope.)
- They'll see that one piece is missing. Go look for the lost puzzle piece playing the warmer/colder game and put it in its place.
- Explain how each one of them is an extremely important part of your family, so if anyone of them is ever sad, or in trouble, or needs help, as a family you will never let each other get lost. You'll always come

THIS IS ME

Make one copy of this page for each student. Pass out with crayons and have each person draw a picture of themselves doing your favorite thing.

THESE ARE MY FAVORITE THINGS

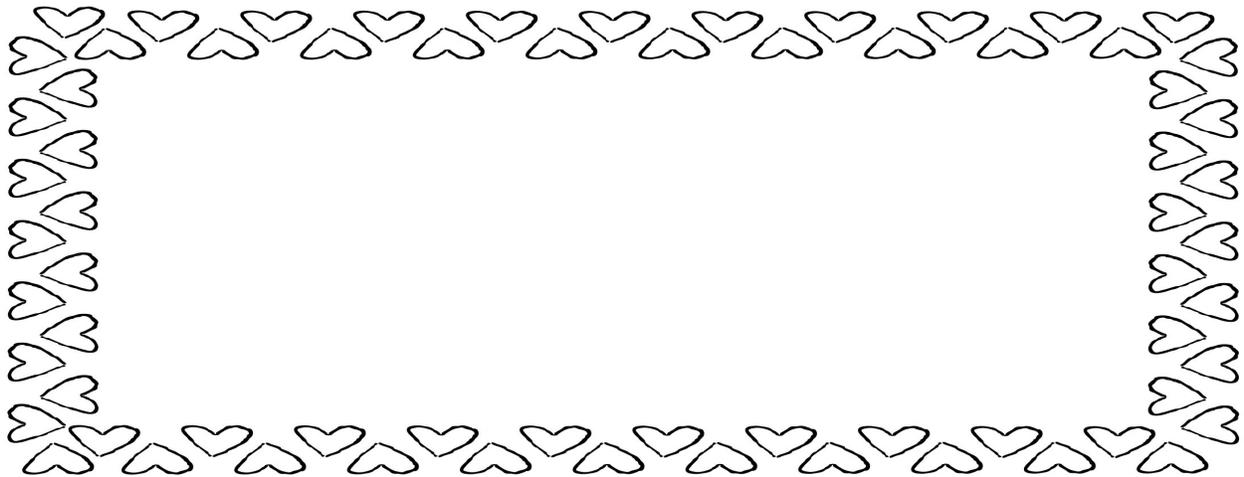
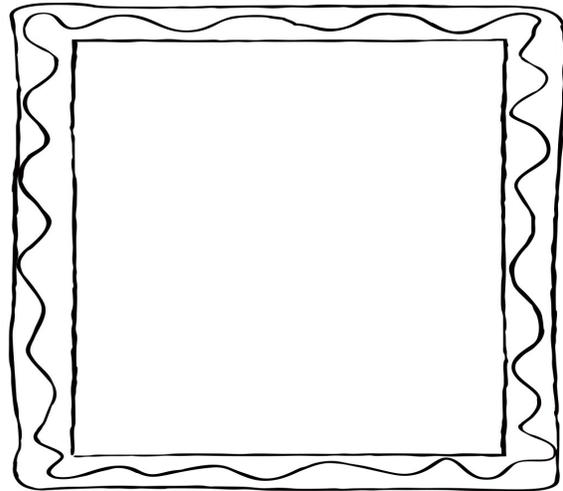
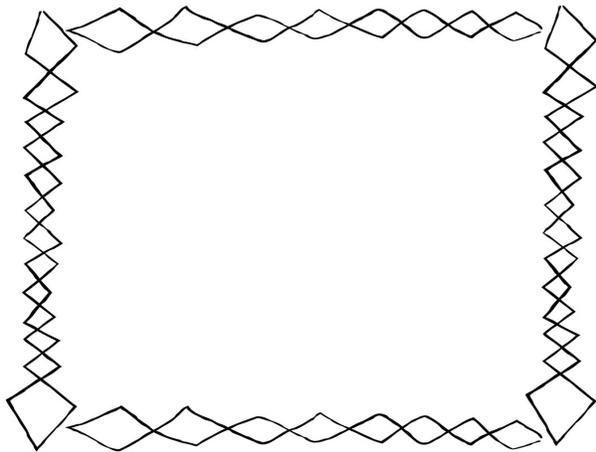
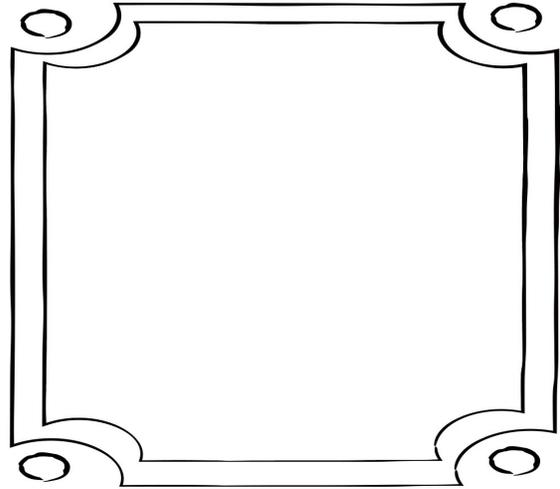
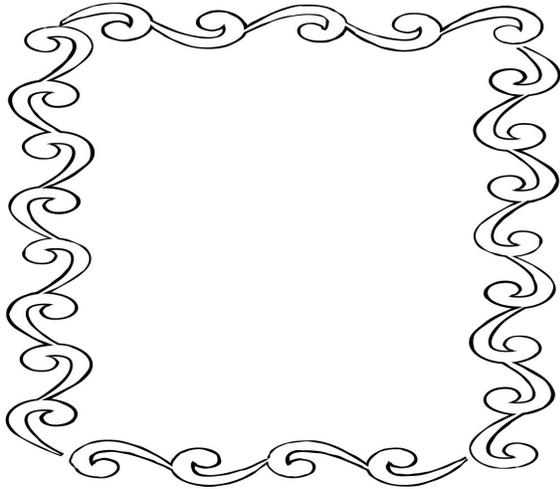
Make one copy of this page for each student. You might need to write in the answers for younger kiddos.

1. My name is: _____
2. My favorite color is: _____
3. My favorite movie is: _____
4. My favorite TV show is: _____
5. My favorite animal is: _____
6. My favorite food is: _____
7. My favorite dinner is: _____
8. My favorite breakfast is: _____
9. My favorite beverage is: _____
10. My favorite candy is: _____
11. My favorite toy is: _____
12. My favorite hobby is: _____
13. My favorite pastime is: _____
14. My favorite game is: _____
15. My favorite sport to play is: _____



THIS IS YOU

Use one box for each family member. Write down their name with words describing things they like and their character traits. Use the self-portraits just drawn to help siblings contribute to each other's descriptive picture frames. Copy page if more boxes are needed.



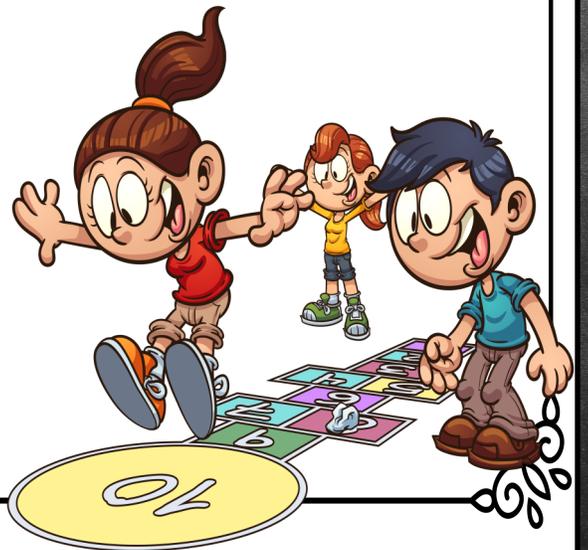
THIS IS US!

Using your picture frames and favorite things list, highlight or circle things your school-family have in common. Write those items in the blue column. List your differences in the pink column and discuss how you are the same, how you are different, and how these similarities and differences can make you even stronger together.

Remember, it's easy to agree on things you have in common. Conflict usually comes in the places you are different. It's okay to think and believe differently as long as you never forget that each of us is a priceless masterpiece, a wonderful one-of-a-kind to be treated the way we'd like to be treated.

HOW ARE WE THE SAME?

HOW ARE WE DIFFERENT?



THE TRUTH ABOUT RULES

The truth is that happy, healthy homes and schools have many rules to remind us to be kind. They range from playing with toys, to telling the truth, to sharing fair. No book can contain all the verbal and subliminal rules school-families have.

Rules are only as good, however, as the culture they are anchored in. It's the reason behind the rule that motivates us to keep them. That's why I want you to focus on the 7 Essential Elements that create the culture of your classroom, first.

On the previous page you discovered some of the things your classmates have in common with you, and perhaps some areas where you are different. Rules help you agree ahead of time how you intend to honor each other.

We're going one step further to find 7 areas we can all agree on and then we'll create a rule with an easy-to-remember phrases to remind us why these are important. I've included a sample rules page you can use or adapt with your own power words. When you have completed your list, frame and display where all can see. You'll be able to address almost every issue in your classroom with one of these simple, yet powerful, phrases.

Just like anything else, we're going to take this in baby steps.



A CULTURE OF VISION

Children are more likely to succumb to peer pressure if they do not have a strong sense of who they are and where they are going. Children who learn to dream develop an internal map that helps release them from the pressure to fit within the status quo. Teach children to dream; it answers the question "Who am I?"

A CULTURE OF HONOR

Children who are taught to honor others through words and conduct develop an awareness for those around them and a core belief system of human value and equality. These children are far less likely to ostracize others and more likely to embrace diversity based on intrinsic worth. Teach children to honor others; it answers the question, "Who are you?"

A CULTURE OF PURPOSE

Children who develop their interests and talents gain a stronger sense of purpose and appreciation of their unique identity. When children like who they are, they are far less likely to conform to the crowd. When you expose children to their interests you help them answer the question, "Why am I here?"

A CULTURE OF CONNECTION

Belonging, at home and with peers, is one of the greatest psychological needs of humans, causing kids to do almost anything to "fit in." Children who connect with small interest groups are more likely to find their niche through common interests rather than popularity-driven clicks. Connection helps children answer the questions, "Where am I going and who am I going with?"

A CULTURE OF LEADERSHIP

Children who take ownership for their decisions develop self-confidence, self-governance, initiative, and stewardship. When these qualities are used for the service of others, children find significance and are far more likely to empower each other to succeed. Chores help your children learn the answer to "How do I get there?"

A CULTURE OF TENACITY

Children who learn to embrace disappointments and failures as stepping stones to success, are far more likely to stay the course and accomplish their goals. Develop "World Changers" through a culture of tenacity, determination, and innovation. This critical step in emotional safety empowers children to answer the question, "Do I have what it takes?"

A CULTURE OF HEROISM

Children who are taught their worth based on who they are rather than on what they do, develop an internal compass that is not easily compromised. Peer pressure has little ability to persuade them to participate in activities that do not align with their compass of truth. Children who are nurtured who can easily answer the question, "Am I good enough?"

THE ESSENTIAL 7

Your classroom is a very special place, but it's also one of the most emotionally vulnerable. Our Class Rules helps you take care of each other's things, and more importantly, each other's hearts. Read each section first. Discuss what each of these 7 cultures means to you and list ways you can incorporate them into your school-family rules. Can you squeeze all your thoughts into a couple of words that can be easily remembered? See the next page for a sample Class Rules page. You are free to use our list or create one that works better for you.

A CULTURE OF VISION

A CULTURE OF HONOR

A CULTURE OF PURPOSE

A CULTURE OF CONNECTION

A CULTURE OF LEADERSHIP

A CULTURE OF TENACITY

A CULTURE OF HEROISM

Class Rules

DREAM BIG

BE KIND

LIVE STRONG

LOVE BETTER

Work Hard

Never Give Up

Be a Hero

OUR CLASS RULES!

this is us

**YOU ARE INVITED TO A VERY SPECIAL
CLASSROOM ADVENTURE STARRING US!**

DAY: _____

TIME: _____



this is us



OUR CLASS RULES AGENDA

PREP. "BEST CLASS EVER!"

1. INTRO: OUR CLASS RULES - WE FIT TOGETHER GAME

2. THIS IS ME

3. THIS IS YOU

4. THIS IS US

5. OUR SCHOOL-FAMILY CULTURE

6. OUR CLASS RULES

7. CHAMP CHAT



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