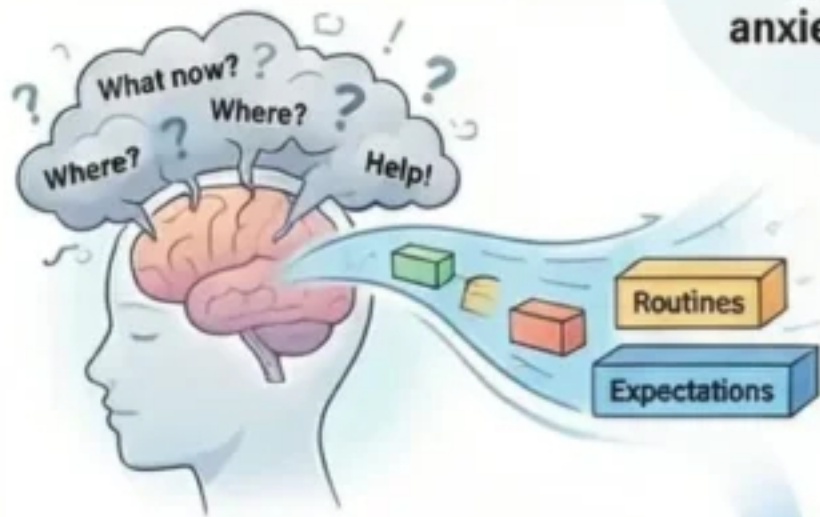


# The Power of Predictability: Why Routines Run the Classroom

To explain the concept of "behavioral load" and provide a roadmap for implementing high-impact classroom routines.

## The Science of "Behavioral Load"

### Lighten the Behavioral Load



Routines remove the mental exhaustion of guessing expectations and "what comes next."

### Predictability Reduces Anxiety



Consistent structure creates a safe environment that prevents stress-induced behavior flare-ups.

### Habits Free Up Brain Power



Automatic routines protect executive function, leaving more working memory for academic learning.

Classroom routines act as a hidden "operating system," reducing the mental effort students spend on figuring out how to behave. By establishing predictability, teachers can lower student anxiety, boost focus, and reclaim instructional time.

## Three High-Impact Routines

### The Calm Entry



Establish immediate "Do Now" tasks so learning begins the moment students walk in.

### Clockwork Transitions



Use consistent auditory or visual cues to switch activities without losing momentum.

### Purposeful Dismissal



Use exit slips or checklists to end class with structure rather than chaos.



## ELEMENTARY: Emotional Calm



- Focus Area: Emotional Calm
- Example Routine: Morning entry with cubby storage and "morning work".

## MIDDLE SCHOOL: Efficiency



- Focus Area: Efficiency
- Example Routine: Call-and-response claps for quick lab-to-seat transitions.

## HIGH SCHOOL: Responsibility



- Focus Area: Responsibility
- Example Routine: 5-minute wrap-up signal for planners and exit slips.