

Cool Tool: **Buddy Classroom**

In the classroom:

“We all need breaks. Even (or especially!) adults! Today we are going to practice taking a break. This is called using a Buddy Classroom. We will be using Buddy Classrooms when we need to take a break, calm down, and problem-solve. Our Buddy Classroom is: _____.”

Ask students to briefly share when they (or others) might need to take a break. Why might a teacher ask a student to take a break? (i.e. they're distracting others, hard time sitting still, blurting out).

Have a student role play some of these behaviors and walk the student step-by-step how they will use a Buddy Classroom.

1. Teacher gently reminds student to follow the classroom expectations
2. Student continues that behavior
3. Teacher politely asks student to take a break in the Buddy Classroom
4. Student role models leaving their seat and walking to the Buddy Classroom

Tell students that when they are in the Buddy Classroom, it is their job to calm down. The teacher in that classroom will **not** talk to them; it is their job to be a responsible and respectful guest in that classroom.

Ask students for suggestions on what they can do while in the Buddy Classroom to calm down (i.e. belly breaths, counting, stretching, star breathing, pushing palms together, thinking positive thoughts, etc.)

Ask students how they will know when they are ready to return to their regular classroom (i.e. finishes their fix-it plan, has a calm body, is ready to apologize, etc.)

If a student can't calm down in the Buddy Classroom, the next step is the office.

Have another student volunteer to role model how to use a Buddy Classroom and celebrate their success!

