### Big Idea/ Topic

“Morning Routine with Do Now Activity”

### Standard Alignment

**Health Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

### Instructional Design

**Define Simply**
Introduce students to the morning routine by creating simple steps. A “Do Now” is an assignment that is already on the board when students walk into class. Having a short 3–5-minute assignment ready helps students transition into the learning environment. It is recommended that “Do Now” activities are not intellectually challenging (e.g., an open-ended opinion or reflective question).

Steps:
1. Greet the teacher
2. Hang your backpack on the hook
3. Put anything you need in your desk
4. Take out a pen and paper
5. Look at the white board
6. Start your “Do Now”
7. When you finish, read quietly

**Model/Demonstrate with Examples**
Model an example for students going through each step of the process.

**Practice in All Relevant Settings**
Practice the morning routine during the day, especially in the first couple weeks of school.

**Monitor & Provide Positive Feedback and Reinforcement**
Monitor students’ progress and offer group specific praise after the morning routine is complete. For example, “Thank you class for getting started on your Do Now quickly and quietly. I look forward to hearing your answers, who would like to share first?”

**Based on Data, Adjust Instruction & Reteach**
Teachers should monitor how well the class is learning the morning routine and increase practice whenever necessary.

### Evidence of Student Success

- Student success will be demonstrated by students completing every step of the morning routine without additional prompts or reminders.
### Distance Learning Supports
- This concept can be utilized in an online class with a “Do Now” posted on the screen as students log on.

### Engaging Families
- Share “Do Now” questions or activities with families so parents can ask their students as conversation starters at home.