



# December Teacher Tip by Kimberly McMillan, ALC Teacher

Teaching throughout December can be difficult and tricky. You may need to find fresh ideas and games to keep interest in school work. Sometimes, you just need a short break.

My goal has always been to try to keep focused the first 2 weeks of December and then ease off into some review games or pages that create more fun for learning and prep for the break. These can even be games that you plan to come back to when the new year starts to help you get back into a school routine.

### Here are 4 tips to try to get through the month of December:

1. Keep Up Your Routine and Expectations as Much as Possible.

Sometimes, it's hard, even for the teacher, to stick to a schedule because we are all looking forward to the break and we want to slack off a bit and relax the schedule. The main thing to remember is that structure helps kids stay focused especially this time of year. You may still be doing spelling words, but make them a fun page with a Christmas theme for their review during the week. It's still spelling time, just with a holiday twist.

#### 2. Be Flexible.

With everything stated above, sometimes there are activities that pop up during the holiday season that you didn't plan for in your week. That's ok. Take advantage of those surprise activities and enjoy the family time they create. The goal is to try to keep the norm as much as possible but remembering that these activities and events only come around 1 time a year. Enjoy!

#### 3. Take Breaks.

It is a stressful month, so remember to build in breaks to your schedule to add in a bit of holiday fun. This can make for some creativeness and family memories that can be geared towards learning.

## 4. Breathe!

This is definitely a time to focus and breathe. Finding a calm by breathing in and out around your live Christmas tree, lighting cinnamon or peppermint candle to experience the smells of the holidays, or just simply finding a quiet moment to breathe in and out to help everyone in the house find a calm through all of the hustle and bustle of this season can re-center your day.

These are a few ideas to help with the added schedules, events, and stress during this time of year. Whatever techniques work for you are the best ones. I encourage you to remember to focus on your blessings and fortunes during this season. Help others where you can because you can never go wrong when helping another person, especially this time of year.

# Happy Birthday to....

