

## Homebound Learning Rituals

**Time for School. Everyone to the Kitchen!**



### Materials Needed

- Paper
- STEAM Journal
- Pen, Pencil, Crayon

### Grade Range

- Pre-K
- K-2
- 3-5
- 6-8

### Topics/Skills

Greetings, Transitions,  
Homebound Learning  
Strategy

### Learning Standards

Social Emotional Learning  
CCSS ELA: SL [1.1B](#)

### Duration

2 minutes daily

### Prep Time

5 minutes

Keeping a sense of normalcy is difficult during our response to many changes, especially homebound learning. From reducing anxiety to boosting one's confidence, individuals who practice rituals that promote strong social habits develop into more resilient citizens. From a daily greeting to a daily goal, rituals that are associated with learning will greatly enhance a student's social skills.

### Activity Challenge

Create and practice two rituals that signify that learning is starting at home.

### Preparation

1. Pretend that household members are getting ready for school.
2. Identify a "classroom" space in the house. Walking through a chosen doorway is an easy way to physically mark a transition.

### To Do

1. List several greeting options that members of the household can use. Handshakes, high fives, hugs, bowing, and salutes are examples.
2. Inquire about each other's wellbeing. For example, "how are you this morning" or "how do you feel?"
3. Chart each person's physical and social-emotional feelings to make accurate responses more accessible.
4. Prepare and practice a consistent activity that the student can complete before transitioning to homebound learning.

### Observations

Note and chart everybody's emotions/feelings in a daily journal. At the end of the week, review emotions/feelings and choose one day to explore the recorded feelings, and the reasons for the feelings. What caused each feeling? How and why did the feelings for the chosen day differ from the other days?

### Extensions

- Create and practice exit rituals from homebound learning. For snack or bathroom breaks, students may want to ask for permission and wash hands. For the end of the day, review important lesson points and express gratitude.

**The Content behind the Activity**

Rituals and greetings are a foundation of social emotional development. From the time of knights saluting each other, which is still used in our military, to bowing in front of kings and queens to handshakes and verbal salutations, recognizing someone develops one's self-esteem, sense of self, and sense of belonging to a community. Offering consistent opportunities to practice this at home is important for social emotional growth.

THE RESOURCE AREA FOR TEACHING  
**How to Give a Greeting!**

**Hug**



**Handshake**



**High Five**



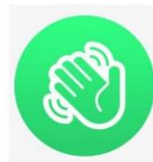
**A Fistbump**



**Respectful Bow**



**Wave**



**Smile**



**Thumbs Up**

