Cooking Up Calmer Classrooms

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Abstract

Originally published in Contemporary Psychology: APA Review of Books, 1980, Vol 25(5), 418–419. Reviews the book, Classroom Management: A Guide for the School Consultant by Jack Tanaka (1979). Classroom Management actually is addressed exclusively to consultants recognition of the booming market for “experts” on student behavior problems, behavior disorders, and discipline. As a guidebook for experts, the volume at first seems a trifle simplistic, but thinking back on some of the consultants I have encountered in recent years causes me to reconsider this initial impression. The book is organized sensibly. It opens with a section on preparation for consultation that includes discussions of the role of consultant and the process of negotiating a consulting agreement with teachers. If classroom management is simply a matter of collecting information on students and applying the appropriate reinforcement, teachers do not need high-priced consultants. In classroom management, as in cooking, however, true success rarely resides in simple recipes. (PsycINFO Database Record (c) 2006 APA, all rights reserved)

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Calmer Classrooms resources are being used by over 140,000 teachers globally. As the focus on wellbeing in schools continues to grow, we are here to guide you through the process of caring for yourself and your pupils. It is our mission to create accessible and fun mindfulness and relaxation resources. Here are 5 important tips for a calmer classroom that I learned during my years of teaching this age group. There was a time I really struggled with the energetic preschoolers. I mean, I know little kids have lots of energy, but I didn’t realize how hard it would be to handle that energy in the classroom. I felt like there were constant struggles. Centers time involved grabbing, pushing, sometimes running from activity to activity. Trying to get them back to the classroom from recess felt like torture. They wouldn’t line up when called. They just kept on running around. I was a new teacher that had certain expectations, and they became really difficult while dealing with my energetic preschoolers. After recess or lunch can be one of the toughest times to transition back into instruction. Often the kids are so wound up that it takes 10 minutes (or more) to get everyone ready to learn again, and with the amount of curriculum we need to teach during the school day, that’s 10 minutes we can’t afford to lose! Fortunately, there are plenty of ways to get students back into learning mode. Rather than having 30 overexcited students tear into the classroom all at the same time, set a calm, controlled atmosphere right from the moment they step through the door by allowing them to enter and settle down in small batches. Stand in the doorway and let the first 5 kids in, pause for a few seconds while the area around your coat hooks clears out, then let in the next 5 children, and so on. Cooking in the classroom also allows children to explore foods in a completely new way. None of our children had ever eaten a papaya, let alone had the opportunity to cut it open and scoop out its slimy seeds... When all of our fruit was cut, we had a very colorful and delicious rainbow fruit salad. Deborah believes that young children learn best through play and exploration and embraces this belief in all that she does in her own classroom so that she can effectively and passionately share rewarding, real- life, tried-and-true practices with other teachers, parents, and leaders across the field of early childhood education. Related Posts. Six crazy cool ways to explore with snow inside the classroom. January 31st, 2019 | 2 Comments. Turning loose parts into art.