

No Yelling, No Chaos — Quick-Start Toolkit

Companion Guide for Episode 1 of the RootED Podcast
Real Talk. Real Strategies. Real Classrooms.

Why Yelling Doesn't Work

- Yelling creates distance, not respect.
- Students either shut down, push back, or tune you out.
- The real solution? Structure + consistency.

3 Practical Strategies

1. The Pause with Purpose

- Stop speaking, plant your feet, breathe slowly.
- Pair silence with a clear next step already visible on the board.
- Students re-center because they know where to go next.

Try This Tomorrow:

- Write your transition step on the board before class begins.
- When noise rises, pause and point silently.
- Resume only when attention is back on you.

2. Positive Scripts + Tight Transitions

- Replace “Stop talking!” with calm, respectful scripts:
 - “I need everyone’s attention so we can move forward.”
 - “When you’re ready, we’ll continue.”
- Plan transitions like part of your lesson—no downtime.

Try This Tomorrow:

- Have materials pre-loaded and ready.
- Script your transition in 2–3 clear sentences.
- Use a timer or short sound cue to signal movement.

3. Routines + Structured Lessons

- Routines reduce uncertainty and idle time.
- A well-structured lesson = fewer opportunities for disruption.
- Key elements:
 - Entry routine (bell-ringer / Do Now).
 - Chunked activities (10–15 min max).
 - Active engagement (roles, discussions, quick checks).
 - Predictable close (exit ticket, reflection).

Try This Tomorrow:

- Add a Do Now to tomorrow’s lesson plan.
- Break your lesson into 3 chunks instead of one long block.
- End class with a 1–minute reflection or exit ticket.



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Reflection Prompt


- Think about your last class:
- When did noise creep in?
- Was it during a transition?
- When students finished early?
- While you were still setting up?

Those are the gaps. Use structure to close them.

Next Step

Download the full toolkit and join the RootED community for more strategies, resources, and encouragement.

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