

## 16 Ways To Survive The Weeks Leading Up To The Holidays

- Focus on consistency
- If you can't beat them-join them. Students are excited, join in the excitement
- Ease up but not too much
- Keep the day before the break relaxed
- Don't build anticipations
- Resist the urge to ease up on your behavioral expectations
- Review your procedures and expectations regularly
- Incorporate high-interest activities into your daily work
- Don't feel pressure to do all of the elaborate holiday things- simple is better
- Get prepared for January before you leave for break
- Be flexible
- Expect things to be challenging
- Take care of yourself
- Have a "Plan B" so that you are ready for whatever comes
- Harness your students excitement when possible
- Make lists