

My Horrible Class

The Calm Classroom Checklist — a free preview from Less Chaos, More Learning by L. Mondaine

Print this out and keep it on your desk. Run through it at the start of the week — or after that kind of day.

1. Relationships first

- ☐ Greet every student by name at the door.
- ☐ Learn one thing about each student that has nothing to do with school.
- ☐ Have a two-minute, no-agenda chat with your toughest student this week.
- ☐ Catch three students doing something right — and say it out loud.

2. Routines that run themselves

- ☐ Post the day's schedule where everyone can see it.
- ☐ Teach and rehearse how the class enters, starts, and packs up.
- ☐ Give transitions a signal (a chime, a phrase, a countdown) — and use it every time.
- ☐ Have a plan ready for early finishers before they finish early.

3. Consistency over correction

- ☐ Pick your few non-negotiable rules — and enforce them every single time.
- ☐ Follow through calmly on what you said you would do. No empty warnings.
- ☐ Correct privately, praise publicly.
- ☐ Lower your voice instead of raising it when the room gets loud.

4. Teacher presence

- ☐ Check your tone before you check theirs — calm is contagious.
- ☐ Stand where the learning is happening, not behind your desk.
- ☐ Pause and breathe before responding to disruption.
- ☐ End the day on a positive note, even after a hard one.

5. Organization that frees you

- ☐ Give every material a home students can reach and return themselves.
- ☐ Prep tomorrow's first ten minutes before you leave today.
- ☐ Clear the clutter that steals your attention during lessons.
- ☐ Batch your paperwork — don't let it follow you into class time.

6. Calm leadership

- ☐ Treat challenging behavior as information, not insult.
- ☐ Give students a way back in after a mistake — responsibility, not exile.
- ☐ Ask "what does this student need?" before "what does this student deserve?"
- ☐ Model the apology when you get it wrong. They notice.

Want the full picture?

The complete audiobook *My Horrible Class: Less Chaos, More Learning* is available on Spotify, Tunes, Kobo, Barnes & Noble, and Booktopia.