

# Instructional Routines

## Benefits

- Prevent *Cognitive Overload*
- Maximize learning time
- Create safety
- Reduce teacher workload

## Essentials

- Explicitly taught, modeled, practiced, and reinforced
- Acquisition and Fluency Stages
- Predictable
- Consistent
- Efficient

Routines are the building blocks of  
classroom culture.

Bennett, 2020