

THE IMPORTANCE OF ROUTINE FOR KINDERGARTEN LEARNERS

by:

Corazon C. Dela Cruz

Teacher III, Capunitan Elementary School

Routines help to create a predictable environment, which is critical for young learners to cope with the challenge of growing and learning new skills. Routines also combine teaching, learning, and development.

Young learners are exploring and learning new skills at this stage of life (preschool), such as being away from home, tying their shoes, going to the toilet on their own, sharing with others, discovering numbers, letters, and their uses, and so on. This phase can be confusing, if not frightening. Routines can ease the stress of being in unfamiliar situations for them. It is easier for children to learn new things around them when they have a daily routine. Simultaneously, they learn to abide by the established rules. Furthermore, a routine can lay the groundwork for harmonious living on both the individual and social levels. Routines also help children develop within a safe framework. Furthermore, a series of routines can make them aware of what is coming next and give them the illusion of certainty. As a result, children gain a sense of security.

Every one of us needs a routine. We are thrown into disarray when we lack a routine, often unsure of what we should be doing or even what day of the week it is. Routines are especially important for children's mental health and behavior. These brings consistency and comfort to a child's life while also providing a sense of normalcy. Children are afraid of the unknown, and while change is necessary in life, it can also cause a great deal of stress in children. Routine helps to reduce stress and provides a sense of security.

Finally, and perhaps most importantly, having a routine provides learners with stability and consistency in a time when life is frequently uncertain, uncontrollable, and

unpredictable. We have no control over what happens outside of our classrooms or in the world around us, but we do have control over what happens within them. Routines help a child's life feel normal and relieve stress from the outside world.

References:

The Importance of a Child's Routine | Free Planner (highspeedtraining.co.uk)

THE IMPORTANCE OF ROUTINES FOR YOUNG LEARNERS - PNIEB PREESCOLAR
([google.com](https://www.google.com))