



Transcript for the Video:

Guiding Young Children's Behavior

Segment 3: Selecting Classroom Materials and Planning the Schedule

TRANSCRIPT for Objective 6

A Balance Between Teacher-guided and Child-centered Activities

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Host: You can guide children's behavior by creating a schedule that allows children to make choices and maintain control over their own behavior and learning. A good schedule breaks up sitting periods with free play. Active free play time actually helps children to pay better attention during group activities. The ideal length for a free play period is about 40 minutes. Children need enough time to move around the classroom, make choices, and interact with peers. Research has shown that children need some teacher-guided breaks. This may come as a surprise, but if children play in an open-ended way for too long, they grow tired, bored, and more aggressive.

Dr. Sudha Swaminathan, Eastern Connecticut State University: A research study was done in Europe to identify the factors in early childhood programs that would predict positive child development and growth. And they found that one of the most powerful predictors was the balance between teacher-directed activities and child-initiated activities. They found that in a program where 50% of the activities were directed and structured by the teachers and the other 50% was initiated by children—they found that these programs were the most effective.

Host: Outdoor play is another important component of the daily schedule. We all know that running, climbing, and riding are critical for physical health. Outdoor time also enhances attention and learning at school. When children come in from the playground, they need a few minutes to calm down. Then they are far more attentive and engaged in learning tasks than they were before they went out. So even if you can only get out for a few minutes during a cold day, it is worth it.

Activity 3D: Arranging the Schedule

Voiceover: Now we'd like you to write down your current daily schedule. Make a star next to any areas you might want to make changes to based on the concepts you've learned so far.