



VISIT

Your Visit At-a-Glance

Plan for 50 usable minutes — most periods are scheduled for 60 minutes on paper but settling in and end-of-period wind-down eat into that. The chart below shows how those minutes break down across the key phases of your visit. The full agenda and guidance for each phase follows.

Note: Only have 45 minutes? Trim your introduction and the framing — not the activity. The main event is where students will remember you.

6%

Welcome and who you are

Introduce yourself — make the Constitution feel personal
~3 minutes

10%

Why this year, why the Constitution

Set the stakes — introduce your two core ideas
~5 minutes

10%

Key takeaways for students

Frame what students should watch for in the activity
~5 minutes

40%

The main event

Activity or discussion — the heart of the visit
~20 minutes

34%

Wrap-up, Q&A, and career conversation

Land the plane, open the floor, plant a seed
~17 minutes



DO'S

- **Set expectations upfront.** Kids crave boundaries. If the teacher hasn't already, spend the first 2 minutes setting 2-3 simple ground rules (e.g., "Raise your hand to speak," "Listen when others speak").
- **Speak in plain, punchy language.** Translate legal concepts into analogies they care about — a contract breach is a broken promise to a friend; intellectual property is who owns a video game skin.
- **Pivot when you lose the room.** Glazed eyes or rising chatter? Abort the lecture. Ask a question, try a turn-and-talk (60 seconds, classmates turn to whoever is sitting next to them), or call on a student to summarize. For younger rooms, a 60-second brain break works too — stretch arms wide like the stripes on a flag, then reach up for the stars.
- **Move around.** Walk the aisles while you talk. Standing behind a desk creates distance that invites distraction.
- **Give yourself a timer.** A countdown on your phone or the board keeps you on track and gives students a heads-up before transitions. Both of you will thank you for it.



DON'TS

- **Don't count on the room going quiet for you.** Before you start: ask the teacher what quiet-signal the class already uses.
- **Don't lecture for more than 7 minutes straight.** Break it up with a question, a scenario, or a quick activity. Back-and-forth beats monologue every time.
- **Don't forget whose room it is.** If something's off, the teacher will step in to handle it — and that's a good thing.
- **Avoid legalese.** If you use precedent, liability, or brief, define it immediately in plain terms. One sentence is all it takes.
- **Don't debate a student.** If someone gets combative, acknowledge them briefly ("good point to dig into"), say you'll follow up after class, and move on. Don't take the bait.
- **Don't race.** Silence is a tool. A pause after a question gives students time to think — resist the urge to fill it.

Pro-tip

Want to dig deeper? A veteran educator breaks down these dynamics in real-time:

[My 5 Cs of Classroom Management \(Edutopia\)](#)