Wed 10/21 · Gold · 8th period

Build My Toolkit 📒



TODAY'S PLAN

💬	Check-In	12:55–1:05	10 min
💻	ORI Time	1:05–1:15	10 min
📒	Build My Toolkit Binder	1:15–1:50	35 min
🎨	Comic: Color + Title	1:50–2:05	15 min
🎟️	Closing	2:05–2:16	10 min

Check In 💬

Show your energy



Hold up 1–5 fingers.
1 = very low · 5 = full power

Think and say

🧰 Did I use a calm-down tool since Monday?
❓ Which one?
👍 Did it help?

Say it out loud. No writing today.

ORI Time 💻



1. Open your Chromebook.
2. Go to app.orilearning.com
3. Keep going in your Self-Management module.
4. Raise your hand if you need help.

10 minutes

Name Your Tools

Call out or point.
Name each tool.

1 minute



box breathing



squeeze and release



cold water



5-4-3-2-1



cool thoughts



reset pass / ask for a break

See an Example 📝





Tool: Cold water

Steps: 1 Ask for a pass · 2 Go to the sink · 3 Splash or hold cold water 30 seconds

Use it when: my face feels hot and I want to yell.

Where: school, home **For me:** ☆☆☆ it works fast.

Your rating is about YOU. ⭐ for me can be ⭐⭐⭐ for you.

Build Your Pages 

Write the tool name. Add a picture.

List 3 quick steps.

Tell when you use it.

Check where you can use it.

Rate it: 1, 2, or 3 stars.

Do 4 tools

Stretch: 6

Sentence starters

“I use ___ when ___.”

“First ___, then ___, last ___.”

“I rate it ___ stars because ___.”

“My best tool is ___ because ___.”

Rate It Honestly ⭐

★☆☆	**Not really for me** 🤔
★★☆	**Sometimes helps** 🙂
★★★	**Works for me!** 😄

Put It in Order 📂



1. 🗂️ **My Reset Plan card goes FIRST**
2. ⭐ **Then ★★★ tools**
3. ⭐ **Then ★★ tools**
4. ⭐ **Then ★ tools last**

Slide pages into protectors. Show a partner your ★★★ tool.

Finish Your Comic 🎨



Color your 4 panels. 8 min

Write a title at the top. 3 min

Title idea: “Cold Water to the Rescue”

Panel 4 not done? Finish it first.

About 12 minutes

Pick 1 Panel 🌟



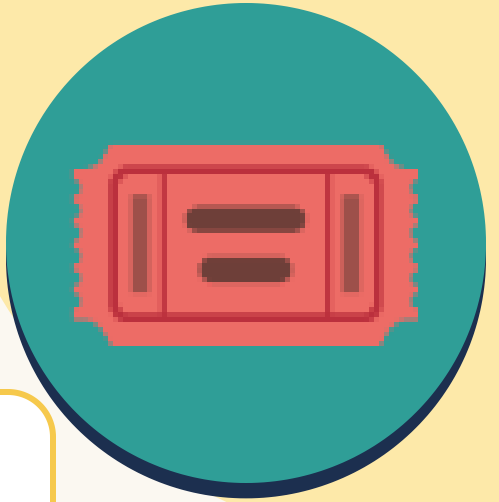
Choose your favorite panel.

Stick a ⭐ note on it.

Share it on Friday.

Put your comic back in the bin.

Closing 🎟️



Write it or say it:

My ★★★ tool is _____.

I'll use it when _____.

Binders on the shelf. Comics in your bin. 👋