Thu 10/22 · Blue · 2nd period

Make My Goal 🎯



😊 Check in	📱 ORI	🔁 Last time	🎯 Goal	🎨 Pocket card	👋 Bye

SEL Level 1 · My Calm-Down Goal

Check In 😊



👉 **Point to how you feel.**

🗣️ **Or say 1 word.**






ORI Time 📱



1. Open your Chromebook.
2. Go to app.orilearning.com
3. Keep working.

Last Time 🔁



We made a stress comic.

Stress	Body feels	My tool	Calmer
😟	💓	🧰	😌

👉 **Point: where is stress in your body?**

🧰 **Show me your tool.**

Learn: Goal 🎯



A goal = something I will try to do.

🏀 "I will make 5 baskets."

🧰 "I will use my tool."

Check My Body 🩺



Better

Go back to work.



Same

Try another tool.

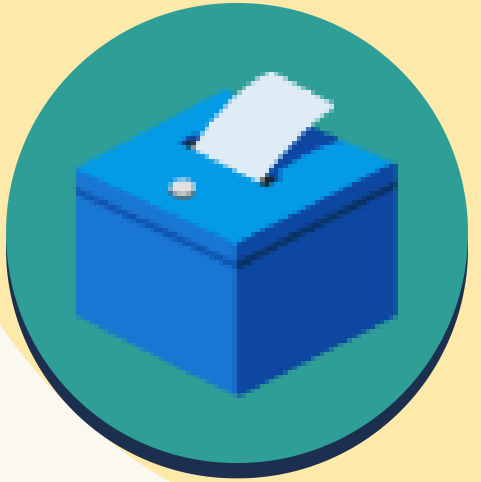


Worse

Ask an adult.

⭐ **A tool that works = a good goal tool!**

Did It Work? 🤔



Card 1 of 3

📢 Loud room.

Tool: ⏸️ Quiet Space card

After: 🙂 Shoulders down.

Calm face.

😊 Better

😐 Same

😟 Worse

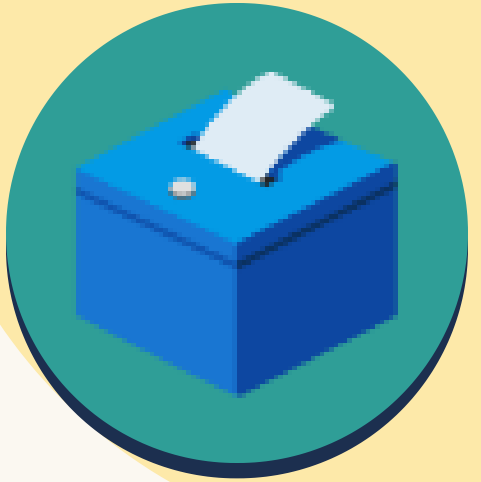
Card 1: Answer ✅



Better

Go back to work.

Did It Work? 🤔



Card 2 of 3

✏️ Hard work.

Tool: 🧊 "I can try my best."

After: ✊ Hands still tight.

😊 Better | 😐 Same | 😟 Worse

Card 2: Answer ✅

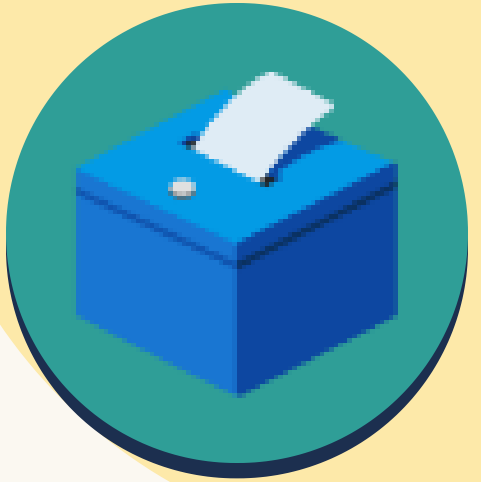


😐

Same

Try another tool. ✊ Squeeze!

Did It Work? 🤔



Card 3 of 3

😵 Busy, worried head.

Tool: 🖐 Five-Finger Breathing

After: 😭 Crying harder.

😊 Better

😐 Same

😟 Worse

Card 3: Answer ✅



Worse

Ask an adult: "I need help, please."

Recap ✅



😊 Better → 👍 back to work

😐 Same → 🔁 new tool

😟 Worse → 🙋 ask an adult

Watch Me 👀



When I feel 😟 worried,
I will 🌸 smell the flower.
It helped when 😌 I feel calm.

Pick My Tool 🧰

Which tool helps you most? Circle 1.

🌸 smell the flower	🖐️ 5-finger breathing	✊ squeeze	🪑 chair push-ups
👀 look for 5	💬 cool-down words	🛑 break card	🙋 ask for help

Fill My Card ✏️



1. Circle 1 feeling. 😟
2. Circle 1 tool. 🧰
3. Circle 1 "it helped." 😌
4. Trace or say it. 🗣️

Practice My Goal 🏃



🎭 Pretend you feel worried.

🧰 Do your tool.

⏱️ 10 seconds. Two times!

Make My Pocket Card 🎨



✂️ Cut 1 pocket card.

⭕ Circle the same 3 pictures.

🖍️ Color it.

📁 Glue the big card in my folder.

Share My Goal 🎤



"When I feel _____,
I will _____."

🗣️ Say it · 👉 Point · 📲 AAC · 🙌 Silent cheer!

Bye! 👋



🧰 Show me your goal tool.

📅 Monday: tap 3 answers.

📁 Folder in the bin. 🪑 Push in chair.