Fri 10/23 · Gold · 8th period

Set My Calm-Down Goal 🎯



💬 Check in 12:55	💻 ORI 1:05	🔁 Last time 1:15	🎯 Goal 1:20	🎨 Pocket card 1:50	👋 Close 2:05

Check In 💬



✋ Show your energy: 1–5 fingers.

🧰 Name 1 tool you used this week.

🗣️ Say it. No writing today.

ORI Time 💻



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

Last Time 🔁



Wednesday: you built your Toolkit Binder 📒. Talk with a partner.

⭐ Explain: Which tool got ⭐⭐⭐? Why does it work for you?

🚌 Apply: Loud gym or bus. Plan A won't work. What's Plan B? Why?

🔍 Explain: How can you tell a tool helped?

✏️ Star the binder page you might use for your goal.

Learn: A Strong Goal 🎯

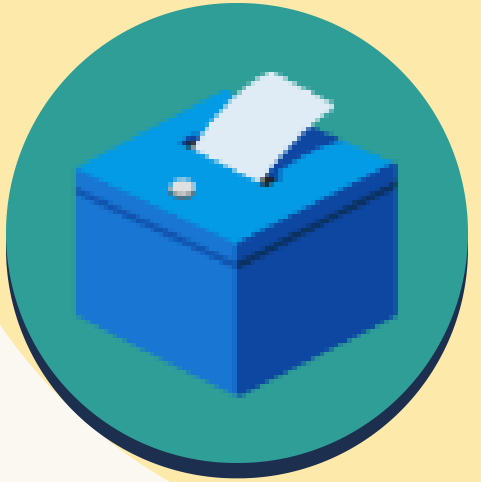


A strong goal is one you can **check**.

😤 a feeling or trigger · 🧰 one tool

🔢 a number · 🔍 how I'll know it helped

Strong or Weak? 🤔



Card 1 of 4

"I'll be calmer."

☝ 1 = ✅ Strong

✌ 2 = ❌ Weak

Weak? Name what's missing.

Card 1: Answer ✅

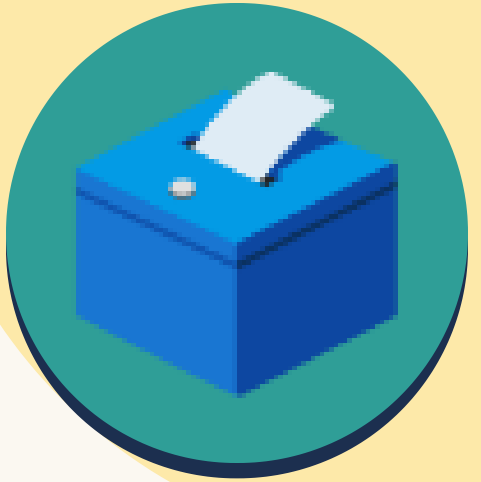




Weak

Missing: trigger, tool, number, and a way to check.

Strong or Weak? 🤔



Card 2 of 4

"When I get frustrated in math, I will use box breathing before I talk. I'll try it 2 times a week. I'll know it helped when my voice is calm and I get back to work."

☝ 1 = ✅ Strong

✌ 2 = ❌ Weak

Weak? Name what's missing.

Card 2: Answer ✅



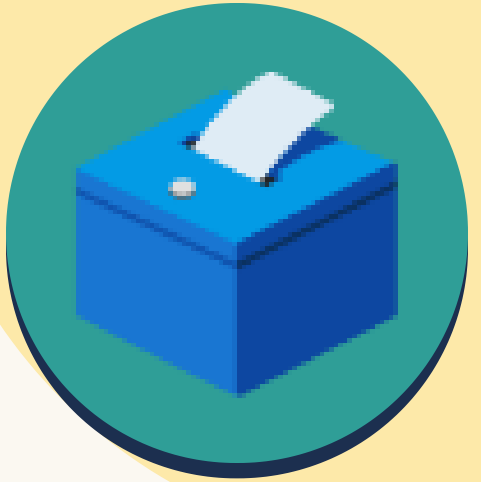
✅

Strong

Trigger ✔ One tool ✔ Number ✔

How I'll know ✔

Strong or Weak? 🤔



Card 3 of 4

"When I'm stressed, I'll use box breathing, 5-4-3-2-1, cold water, and a reset pass."

☝ 1 = ✅ Strong

✌ 2 = ❌ Weak

Weak? Name what's missing.

Card 3: Answer ✅

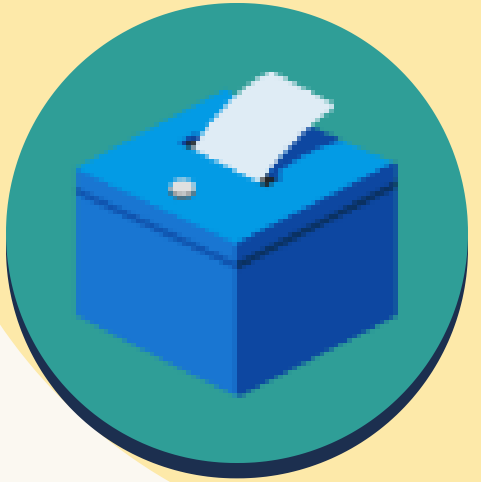


❌

Weak

Too many tools. Pick one (the rest = Plan B). No number. No check.

Strong or Weak? 🤔



Card 4 of 4

"When the hallway is loud, I'll squeeze and release my fists 3 times a week. I'll know it helped when my shoulders drop and I get to class on time."

☝ 1 = ✅ Strong

✌ 2 = ❌ Weak

Weak? Name what's missing.

Card 4: Answer ✅





Strong

Trigger ✔ One quiet tool ✔ Number ✔ How I'll know ✔

Recap: 5 Checks ✅



- ☐ One feeling or trigger 😤
- ☐ One tool I already know 🧰
- ☐ How many times a week 🔢
- ☐ How I'll know it helped 🔍
- ☐ Until winter break (12/18) 📅

Pick Your Tool ⭐



📒 Open your binder to your ⭐ page.

🅰️ Or use your Reset Plan's Plan A tool.

😤 Use your Reset Plan trigger for "When I feel."

Write Your Goal ✏️



When I feel _____,

I will _____.

I will know it helped when _____.

Then: times a week · where · Plan B · go-to adult

Check a Partner 🤝



📖 Read their goal out loud.

☑️ Tick the 5 checks.

💡 Give 1 tip.

🔧 Fix yours.

Make a Pocket Card 🎨



✂️ Cut 1 pocket card.

✏️ Copy your goal.

🖍️ Draw you using your tool.

📒 File the big card behind your Reset Plan.

Track It Weekly 📈



📅 First class each week (Tuesday is next).

📝 Do the 2-minute check-in form.

📊 Fill 1 row: times used + helped 1–5.

🏁 Look at your data at winter break.

Share 🎤



"My goal is _____."

🔁 One sentence each · 🤷 You may pass.

Exit 👋



📒 Binders on the shelf.

🪪 Pocket card in your pocket.

🎉 Have a great weekend!