SEL · Monday



# Practice My Goal

😊 Check In → 📱 ORI → 🔁 Last Time → 🃏 Did It Work? → 🎭 Pretend → 🎨 Pocket Card → 👋 Bye

Check In · First class of the week



# Check-In Form

Type your code. ✏️

Tap 3 answers. 👆

Ask for help. 🙋

Check In




# My Goal Card: Week 1

**Find your goal card. 🎯**

**Did I use my tool? Did it help?**

**Circle one: 👍 😐 👎**

Check In

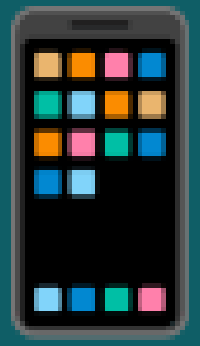


# How Do I Feel?

**Point to the chart.**

**Or say one word.**

ORI Time · 10 minutes



# ORI Time

**Log in. 💻**

**Keep working. ⭐**



# Last Time: My Goal

**Show me your goal card. 🎯**

**Point to your feeling. 😟**

**Point to your tool. 🧰**

**Point to “it helped.” 😌**



# Quick Check

**Show me your tool!**

**Do it for 5 seconds. ⏱️**



# Did My Tool Work?

😊 Better → back to work

😐 Same → try another tool

😟 Worse → ask an adult 🙋



# Mad. Tight fists.

**Tool: ✊ Squeeze**

**After: Hands loose. Small smile.**

**Vote!** 😊 😐 😟

✅ Answer · Card 1 of 3



# Better!

**Back to work.**



# Tired, wiggly body.

**Tool: 🪑 Desk push-ups**

**After: Sitting still. Calm.**

**Vote! 😊 😐 😟**

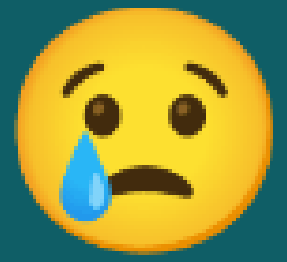
✅ Answer · Card 2 of 3



# Better!

**Back to work.**

🃏 Card 3 of 3 · Did It Work?



# Sad. Lost the game.

**Tool: 🌸🕯️ Smell the flower**

**After: Still frowning.**

**Vote! 😊 😐 😟**

✅ Answer · Card 3 of 3



# Same.

**Try another tool.**



# Recap: Read Together

## 😊 Better

😤 Mad → ✊ squeeze

😴 Tired → 🪑 push-ups

## 😐 Same

😢 Sad → 🌸 flower

Try another tool. 🧰

**A tool that works for ME = my goal tool! 🎯**

🎭 Pretend 1 of 3



# The lunchroom is LOUD.

**Pretend! 🎭**

**Do YOUR goal tool. ⏱️ 10 seconds**

**Check: 😊 😐 😟**

🎭 Pretend 2 of 3



# The work is hard.

**Pretend! 🎭**

**Do YOUR goal tool. ⏱️ 10 seconds**

**Check: 😊 😐 😟**

🎭 Pretend 3 of 3



# The bus is late.

**Pretend! 🎭**

**Do YOUR goal tool. ⏱️ 10 seconds**

**Check: 😊 😐 😟**

Project



# Finish My Pocket Card

**Circle your 3 pictures. ⭕**

**Color it. 🖍️**

**Done? Make a folder cover: 2 best tools. 📁**

Closing



# When Will I Use My Tool?

**Point to one:**

🏫 **Class** · 🥪 **Lunch** · 🚌 **Bus** · 🏠 **Home**

See you Wednesday!



# Great Job!

**Show me your tool one more time. 🙌**

**Folders in the bin. 📁**

**Push in your chair. 🪑**