SEL · Tuesday



Goal in Action

📝 Check-In Form → 💻 ORI → 🔁 Last Time → 🅰️🅱️ Plan A / Plan B → 🎭 Act It Out → 📖 Comic Share → ✍️ Exit

Check In · First class of the week



Weekly Check-In Form

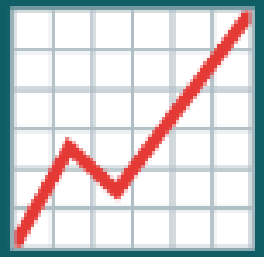
Open the Level 2 form in Canvas. 💻

Type your 2-letter code. ✏️

Rate 3 questions, 1 to 5. Be honest.

Type your goal tool in “Which tool?” 🧰

Check In



Goal Card: Row 1

Find your goal card. 🎯

Week of: 10/26

Times I used it: 0 · 1 · 2 · 3+

Did it help? 1 to 5 · Next week I will…

Check In



Energy Check

Show your energy: 1 to 5 on your fingers. ✋

1 or 2? We'll check in quietly later.



ORI Time

Log in at app.orilearning.com. 🔑

Keep going on your lesson. ⭐



Last Time: My Goal

1️⃣ Explain your goal in one sentence.

2️⃣ Apply: It's Friday at lunch. Your trigger happens. Walk us through exactly what you do.

3️⃣ What if it doesn't help?

Learn



Plan A or Plan B?

🅰️ Plan A = my goal tool.

🔄 Switch to Plan B when:

❌ I can't do Plan A here, or

😣 I tried it and it didn't help.

🅱️ Plan B = my backup tool or asking an adult. 🙋

🃏 Card 1 of 4



Math test. You feel frustrated.

Plan A: box breathing at your desk. It's quiet, and you can do it without anyone noticing.

Vote! ☝️ 🅰️ **Plan A works** ✌️ 🔄 **Switch to Plan B**

✅ Answer · Card 1 of 4



Plan A Works!

Box breathing works quietly at a desk.

🃏 Card 2 of 4



Loud gym. Someone bumps you hard.

Plan A: 5-4-3-2-1 grounding. It's too loud and busy to focus.

Vote! ☝️ 🅰️ **Plan A works** ✌️ 🔄 **Switch to Plan B**

✅ Answer · Card 2 of 4



Switch to Plan B!

Too noisy to focus. Plan B: squeeze and release, or ask for a reset pass.

🃏 Card 3 of 4



Job site. A long line of customers. You feel rushed.

Plan A: walk to the break room. You can't leave the register right now.

Vote! ☝️ 🅰️ Plan A works ✌️ 🔄 Switch to Plan B

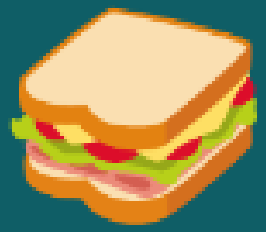
✅ Answer · Card 3 of 4



Switch to Plan B!

You can't leave. Plan B: box breathing or squeeze and release right there, then tell your supervisor at break.

🃏 Card 4 of 4



Lunch. A friend says something rude.

Plan A: cool thoughts: “It's not worth it.” You try it, and your shoulders relax.

Vote! ☝️🅰️ Plan A works ✌️🔄 Switch to Plan B

✅ Answer · Card 4 of 4



Plan A Works!

Your body calmed down. Plan A worked!



Recap: Read Together

🅰️ Plan A works

📝 Math test → box breathing

🥪 Lunch → cool thoughts

🔄 Switch to Plan B

🏀 Loud gym → too noisy to focus

🛒 Busy job → can't leave

Always have a Plan B. 🅱️ Asking an adult counts! 🙋

Practice



Act It Out

Pick one card with your partner. 🃏

Act it out with YOUR goal tool. 🎯

Say your Plan B out loud. 🅱️

Switch roles. 🔄

Practice

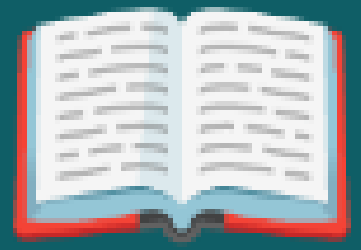


Fix My Goal Card

Is your Plan B written down? 🅱️

Does it work at school AND at work? 🏫 🛒

Fix one thing if needed. ✏️



Author's Chair

Share 1 comic panel. 🎨

Tell us: What's the reset? 🧰

Audience: clap and say one thing you liked. 👏

You can pass. ✋



File It

Comic goes in your Toolkit Binder. 🗂️

Goal card stays behind your Reset Plan. 🎯

Closing



Exit Line

“This week I'll use ___ when ___.”

Say it to a partner, or write it on the strip. 🗣️

See you Thursday!



Great Work!

Pocket card in your pocket. 🎯

Thursday: we close the unit. 🏁

Binders on the shelf. 📚