SEL · Wednesday · Half day



My Toolkit Party!

😊	Check In	8:31–8:36
📱	ORI	8:36–8:41
🔁	Last Time	8:41–8:46
🃏	Name That Tool	8:46–8:52
🎯	Goal Share	8:52–9:04
🏆	Celebrate	9:04–9:12
👋	Goodbye	9:12–9:17

Check In

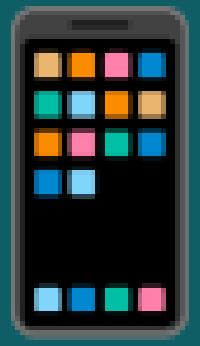


How Do I Feel?

Point to the chart. 👉

Or say one word. 🗣️

ORI Time · 5 minutes



ORI Time

Log in. 💻

Keep working. ⭐



Last Time: Pretend

Show me your goal tool. 🎯

Did it work? 😊 😐 😟

😐 Same → try another tool. 🧰



Quick Check

Do your tool now!

⏱️ 5 seconds.

Toolkit Game

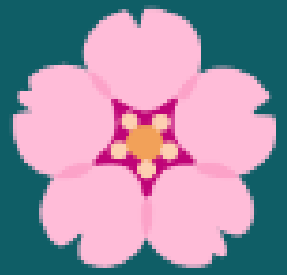


Name That Tool!

Look at the picture. 👀

Vote! 1️⃣ 2️⃣ 3️⃣

🃏 Card 1 of 3 · Name That Tool




Smell. Then blow.

1️⃣ Smell the flower 🌸

2️⃣ Push-ups 🪑

3️⃣ Squeeze ✊



Smell the flower 🌸

Smell the flower, blow out the candle!

🃏 Card 2 of 3 · Name That Tool



Trace your fingers. Breathe in and out.

1️⃣ Cool-down words 🧊

2️⃣ Five-Finger Breathing 🖐️

3️⃣ Break card ⏸️

✅ Answer · Card 2 of 3



Five-Finger Breathing 🖐

Trace your fingers and breathe slow.



Find 5 things I can see.

1️⃣ Squeeze ✊

2️⃣ Smell the flower 🌸

3️⃣ 5-4-3-2-1 Look 👀

✅ Answer · Card 3 of 3



5-4-3-2-1 Look 👀

Look for 5 things you can see.

Recap



My Toolkit

- 🌸🕯️ Smell the flower
- 🖐️ Five-Finger Breathing
- 🪑 Desk push-ups
- ✊ Squeeze
- 🧊 Cool-down words
- ⏸️ Break card
- 👀 5-4-3-2-1 Look

I know so many tools! 🎉



Goal Share

Hold up your goal card. 🎯

Say: “My tool is ___.” 🗣️

Show your tool. 🙌 Get a ⭐!

Goal Share



Good Listening

Eyes on the friend. 👀

Clap when done. 👏

It's OK to pass. 🙂

Celebrate



Toolkit Champion!

Color your award. 🖍️

Put a ⭐ on your folder. 📁

You did it! 🎉

Closing



My Tool Goes With Me

🏫 Class · 🥪 Lunch · 🚌 Bus · 🏠 Home

I will use my tool! 🎯

See you Friday!



Great Job!

Show your tool one more time. 🙌

Folders in the bin. 📁

Walk to 3rd period. 🚶