SEL · Thursday · 12:55–2:16



Toolkit Wrap-Up

💬 Check In → 💻 ORI → 🔁 Last Time → 🧰 Which Tool Fits? → ✍️ 3-2-1 → 🎯 Goal Showcase → 👋 Exit

Check In



Energy Check

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

Say one word for how you feel. 💬

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

Check In



Pocket Card Check

Is your pocket card with you? 🎯

Did you use your tool since Tuesday? 👍 👎

No form today. Next form + goal card row 2: Monday. 📝



ORI Time

Log in at app.orilearning.com. 🔑

Keep going on your lesson. ⭐



Last Time: Plan A / Plan B

1️⃣ Explain: When do you switch from Plan A to Plan B?

2️⃣ Apply: You're at the register. A long line forms. You can't leave. What do you do?

3️⃣ Apply: Say your Plan A and your Plan B.



Check: Last Time

🔄 Switch when I can't do Plan A here, or I tried it and it didn't help.

🛒 Use a quiet tool right there (box breathing, squeeze and release). Tell the boss at break.

🅱️ Asking an adult always counts as a Plan B. 🙋

Review Game



Which Tool Fits?

Read the scene. 👀

Vote 1, 2, or 3 on your fingers. ✋

Tell us WHY it fits. 💬

🃏 Card 1 of 4



Quiet test. Your heart is racing.

1️⃣ Box breathing 2️⃣ Cold water 3️⃣ Reset pass

✅ Answer · Card 1 of 4

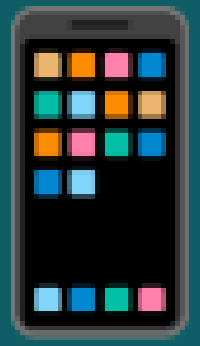


1️⃣ Box Breathing!

It's silent and you can do it at your desk.

Other tools can work too. Say why! 💬

🃏 Card 2 of 4



A mean comment online. You think, “Everyone hates me.”

1️⃣ Squeeze and release 2️⃣ Cool thoughts 3️⃣ 5-4-3-2-1

✅ Answer · Card 2 of 4



2️⃣ Cool Thoughts!

Change the thought: “One comment isn't everyone.”

Other tools can work too. Say why! 💬

🃏 Card 3 of 4



After PE. You're hot, red, and angry.

1️⃣ Cool thoughts 2️⃣ Box breathing 3️⃣ Cold water



3️⃣ Cold Water!

Cold water cools your body down fast.

Other tools can work too. Say why! 💬

🃏 Card 4 of 4



Crowded hallway. Too much noise. You can't think.

1️⃣ 5-4-3-2-1 grounding 2️⃣ Cold water 3️⃣ Cool thoughts

✅ Answer · Card 4 of 4



5-4-3-2-1!

Grounding brings you back to right now.

Other tools can work too. Say why! 💬



Recap: My Toolkit

🤫 Quiet tools

- 📦 Box breathing
- ✊ Squeeze and release
- 👀 5-4-3-2-1

🧠 Thinking tools

- 💭 Cool thoughts
- 🗣️ Self-talk

🚶 Step-away tools

- 💧 Cold water
- ⏸️ Reset pass / break

Reflection · 12 minutes



My 3-2-1 Reflection

3️⃣ tools I know 🧰

2️⃣ times I used one (or could) 🗓️

1️⃣ thing I'd tell a new student 💬



Partner Share

Read your “1 thing” to a partner. 🗣️

Partner: say one 👍 thing.

You can pass. ✋



Goal Showcase

“My goal tool is ___.”

“I use it when ___.”

“My Plan B is ___.”

Show your pocket card. 🎯

Project



Binder Check

- ☐ Reset Plan card
- ☐ Goal card (row 1 done)
- ☐ Tool pages
- ☐ Reset comic
- ☐ 3-2-1 reflection

Unit Close



Self-Management: Complete!

You built a toolkit. 🧰

You set a goal. 🎯

You have a Plan B. 🅱️

See you Monday!



Great Work!

Exit: one tool you'll use this weekend. 🗣️

Monday: check-in form + goal row 2. 📝

Next unit: Social Awareness. 👀