📙 Lesson Plans: Friday, Oct 23, 2026 (🟡 Gold Day)

Grant Driver · Ferndale High School · Room 113 · 2nd lunch 12:20–12:50 · Regular bell schedule · 🎉 Club Day

Draft for Grant to review. The teacher key is in a separate file: `2026-10-23-teacher-key.md` / `.pdf`. SEL deck: `2026-10-23/sel-l2-calm-down-goal-deck.pdf`. Goal card: `2026-10-23/2026-10-23-sel-l2-goal-card.pdf`. Printable backup sort cards: `2026-10-23/2026-10-23-sel-l2-goal-sort-cards.pdf`. Sub-ready plan: `2026-10-23-simple-plan.pdf`.

Time	Class
7:40–9:00	5th: Prep
9:05–9:30	Eagle Time (Club Day; Eagle Time may change)
9:35–10:55	6th: In-class support
11:00–12:20	7th: Transitions Level 2, **Friday cooking lab / community outing (Grant handles, no plan written)**
12:20–12:50	2nd lunch
12:55–2:16	8th: SEL Level 2 (Self-Management: 🎯 **Set My Calm-Down Goal**, Session 6, moved up from 10/29)

Lesson 1: SEL Level 2 (Interpersonal Skills)

- **Date:** Fri Oct 23, 2026 · 🟡 Gold 8th period · 12:55–2:16 (80 min)
- **Audience:** Level 2 (~5th-grade reading level; reads short sentences and writes one-sentence answers on their own with a word bank)
- **Unit / Theme:** Self-Management: "My Calm-Down Toolkit," Session 6 → 🎯 **Set My Calm-Down Goal** (moved up from Thu 10/29 at Grant's request 10/22: the toolkit content is done and feels redundant). The full goal unit is still spring Block 8 "My Game Plan."
- 📌 **Where we are:** Mon 10/19 = My Reset Plan card. Wed 10/21 = Toolkit Binder (one page per known tool with a ⭐1–3 rating) + comic color and title. Today students turn their best tool into one goal they can check each week until winter break. **No weekly form today:** the baseline form is Tue 10/27 (first Gold class next week). Verbal check-in only, no written mood logs. **Comic Author's Chair moved to Tue 10/27**, so there is no comic item today.
- ✅ **Already taught (recall only, do NOT re-teach):** box breathing (4-4-4-4) · squeeze and release · cold water · 5-4-3-2-1 grounding · cool thoughts / reframing / self-talk · reset pass / asking for a break. **No new calming method today.** See `taught-log.md`.
- **Focus:** What makes a goal strong (one you can check), then writing and checking your own goal.
- **Objective:** I can write one calm-down goal with a feeling or trigger, one tool I already know, a weekly target, and a way to tell if it helped, then check it with a partner.
- **Transition Abilities link:** Social-Emotional Health → Self-Management (goal setting)
- **Materials:** box deck `2026-10-23/sel-l2-calm-down-goal-deck.pdf` (21 slides), Chromebooks / ORI logins, goal cards `2026-10-23/2026-10-23-sel-l2-goal-card.pdf` (p1 goal card + weekly self-check, p2 two pocket cards; 1 copy each per student + 1 model copy), Toolkit Binders, Reset Plan cards, sticky notes (for ⭐), page protectors, pencils, colored pencils, scissors. Printable backup of the 4 sort cards: `2026-10-23/2026-10-23-sel-l2-goal-sort-cards.pdf`.

🖥️ Slide deck (21 slides, teal, navy and yellow) · `2026-10-23/sel-l2-calm-down-goal-deck.pdf`

1. **Title** 🎯 "Set My Calm-Down Goal" + agenda · 2. **Check In** 💬 · 3. **ORI Time** 💻 · 4. **Last Time** 🔁 (explain / apply) · 5. **Learn: A Strong Goal** 🎯 · 6–13. **Strong or Weak? Card X of 4** + answer slide for each · 14. **Recap: 5 Checks** ✅ · 15. **Pick Your Tool** ⭐ · 16. **Write Your Goal** ✏️ · 17. **Check a Partner** 🤝 · 18. **Make a Pocket Card** 🎨 · 19. **Track It Weekly** 📈 · 20. **Share** 🎤 · 21. **Exit** 👋 **Fallback (if the screen fails):** print slides 14 and 16 as a desk handout; use the printed sort cards.

1. 💬 Opening & Check-In (10 min) · 12:55–1:05 (slides 1–2)

- **Script:** "Happy Friday! 👋 Show me your energy, 1 to 5 on your fingers. Now tell your neighbor one calm-down tool you used this week. ... Your toolkit is built. Today you turn your best tool into a **goal** you'll track all the way to winter break."
- Verbal only (nothing written). No form today (baseline form is Tuesday). Staff note anyone at 1–2 energy for a quiet check later.

2. 💻 ORI Time (10 min) · 1:05–1:15 (slide 3)

- Usual ORI routine at app.orilearning.com. Help with logins.

3. 🎯 Main Block (35 min) · 1:15–1:50

3a. 🔁 Last Time review: explain or apply (5 min) · 1:15–1:20 (slide 4) - **Last time (Wed 10/21, S5):** "Build My Toolkit Binder": one tool page per known tool (steps, use it when, where, ⭐1–3 rating), Reset Plan card in front. ⚠️ Planned, not yet confirmed taught. If binders weren't finished, use the Reset Plan card (10/19) for these questions. - **Script:** "Turn to a partner. You have 2 minutes for three questions. Then I'll call on a few people." - **Pairs, then cold-call 2–3:** 1. **Explain:** Which tool did you rate ⭐⭐⭐? Why does it work for you? 2. **Apply:** You're in a loud gym or on the bus and your Plan A tool won't work. What's your Plan B, and why? 3. **Explain:** How can you tell a tool actually helped? - **Quick check:** each student puts a ⭐ sticky (or pencil star) on the binder page of the tool they might pick for their goal. (Answers in the teacher key.)

3b. Set My Calm-Down Goal (30 min) · 1:20–1:50

Step	Time	What happens
What makes a goal strong?	2 min · 1:20	Slide 5. **Script:** "A strong goal is one you can **check**. It has a feeling or trigger, one tool, a number, and how you'll know it helped."
Strong or Weak? (4 cards)	8 min · 1:22	Slides 6–13. Read each card aloud. Students vote ☝️ 1 = ✅ Strong / ✌️ 2 = ❌ Weak, then one student names what's missing. Click to the answer slide. Slide 14: recap of the 5 checks.
Pick your tool	3 min · 1:30	Slide 15. "Open your binder to your ⭐ page, or use your Reset Plan's Plan A tool. Use your Reset Plan trigger for the 'When I feel' part."
Write the goal card	11 min · 1:33	Slide 16. Goal card p1: goal sentence, target (circle 1, 2, or 3+ times a week), where (circle), Plan B, go-to adult (role or initials). Leave the weekly self-check table blank. Staff conference with 2–3 students who need help.
Partner check	6 min · 1:44	Slide 17. Partner reads the goal aloud, ticks the 5 checks on the card, and gives one tip ("Add a number," "Pick one feeling"). Writer fixes it.

Sentence starters: "When I feel ___ (in/at ___), I will ___." · "I will try it ___ times a week." · "I will know it helped when ___." · "If it doesn't help, I will ___ (Plan B / ask ___)." · Partner tip: "Your goal needs ___." · "I like that you ___." - **Scaffolding:** fill-in frame with a word bank of feelings and tools · pre-filled tool from the

binder · staff scribe or speech-to-text · minimum = goal sentence + target number · partner check can be done with staff. If short on time, do sort cards 1 and 2 only.

4. 🎨 Project: Pocket Card + File It (15 min) · 1:50–2:05 (slide 18)

- Anyone who didn't finish the partner check finishes it first.
- Cut out one pocket card (p2), copy the goal onto it, and draw yourself using the tool. Color it (10 min).
- File the goal card in a page protector right behind the Reset Plan card. The pocket card goes in a phone case, ID sleeve, or planner (student's choice) (5 min).
- No comic today (Author's Chair moved to Tue 10/27).

5. 👋 Closing (10 min) · 2:05–2:15 (slides 19–21) → dismiss 2:16

- **Track it (3 min, slide 19):** "On the first class day each week, you'll do the 2-minute check-in form, then fill one row on your goal card: how many times you used your tool and how much it helped, 1 to 5. Tuesday is the first one."
- **Share (5 min, slide 20):** whip-around, one sentence each: "My goal is ___." Option to pass.
- **Exit (2 min, slide 21):** binders on the shelf, pocket card in your pocket. **Script:** "You set a goal you can check. 🎯 Try it this weekend if you need it. Have a great weekend!" (Time math: 10 + 10 + 5 + 30 + 15 + 10 = 80 min.)

🔗 Criterion 6 tie

Goal is set today, **before** the baseline form on Tue 10/27 (still the first data point). Each week after: form on the first Gold class, then one row of the self-check table on the goal card. Form question 3 ("This week, I used a calm-down tool and it helped me") is the goal measure; students write their goal tool in the optional "Which tool?" box. Goal window through Fri 12/18.

✅ Measurable Mastery Criteria

- **80% of students** give a reason or a situation (not just a tool name) in the Last Time review.
- **80% of students** vote correctly and name what's missing on at least **3 of 4** Strong or Weak cards.
- **90% of students** write a goal with a feeling or trigger, a known tool, and "how I'll know it helped" (written or scribed).
- **80% of students** include a weekly target number.
- **100% of students** complete a partner (or staff) check and file the card behind the Reset Plan card.
- **Mastered:** all 5 checks on their own. **Approaching:** 3–4 checks, or needed the word bank / staff help. **Not yet:** fewer than 3 checks; recheck Tue 10/27 before the form.

🧰 Accommodations

Goal frame with word bank · pre-filled tool · scribe or speech-to-text · reduced minimum (sentence + number) · staff partner · read-aloud for sort cards · option to pass on sharing · keep triggers school or work based; nobody shares a personal one · fidgets · headphones · quiet space / reset pass · extra time per IEPs.

📋 Materials Checklist

☐ Deck (or printed slides 14 and 16 + sort cards) ☐ Chromebooks / ORI ☐ Goal cards p1 + p2 (1 each per student) + model copy ☐ Toolkit Binders + Reset Plan cards ☐ Sticky notes for ⭐ ☐ Page protectors ☐ Pencils, colored pencils, scissors

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7th Period: Transitions Level 2

Friday cooking lab / community outing: Grant handles. No lesson or recipe written, per the Friday rule.

⚠️ Notes for Grant to check

1. **Gold Day, full day, regular bells.** It's a **Club Day**, which may change Eagle Time (9:05–9:30). Nothing I found says the bells change, so 8th period stays 12:55–2:16.
2. **SEL L2 is the goal lesson** (moved up from 10/29). It follows the pre-built base and deck as-is. The deck was checked and looks good (emoji render, no text overflow), so I didn't rebuild it.
3. **The Last Time review assumes Wednesday's Toolkit Binder lesson happened.** If binders weren't finished, use the Reset Plan card for the review and the tool pick. Tell me what actually got taught and I'll update the log.
4. **No form and no comic today.** The baseline form and the comic Author's Chair are both on Tue 10/27.
5. **taught-log.md** already lists 10/23 S6 as planned. I didn't change it.