Sub Plan: Friday, Oct 23, 2026

Gold Day · Regular bells · Club Day · Room 113 · Mr. Driver

Time	What
7:40–9:00	5th: Prep (no class)
9:05–9:30	Eagle Time (Club Day: may be different today)
9:35–10:55	6th: In-class support
11:00–12:20	7th: Transitions cooking lab / outing (Mr. Driver handles)
12:20–12:50	Lunch (2nd lunch)
12:55–2:16	**8th: SEL**

8th Period: SEL (12:55–2:16)

Today: Students write one **calm-down goal** using a tool they already know, then check it with a partner. **Do not teach new tools.** The slides are on the screen (`sel-l2-calm-down-goal-deck.pdf`); click through them in order.

Have out: Chromebooks · goal cards (page 1) and pocket cards (page 2), 1 of each per student · Toolkit Binders · Reset Plan cards · sticky notes · page protectors · pencils · colored pencils · scissors · printed Strong or Weak cards (backup)

1. **Check-in (10 min, 12:55).** Students show their energy 1–5 on their fingers and say one calm-down tool they used this week. No writing. No form today.
2. **ORI Time (10 min, 1:05).** Students log in at app.orilearning.com and keep working. Help with logins.
3. **Review (5 min, 1:15).** In pairs, students answer the 3 questions on the slide: their 3-star tool and why, a backup tool for a loud place, and how they know a tool helped. Each student puts a star sticky note on the binder page of the tool they might use for a goal.
4. **Strong or weak? (10 min, 1:20).** Say: "A strong goal is one you can check." Show the 4 example goals on the slides. Students hold up 1 finger = strong or 2 fingers = weak, and say what's missing. Answers: 1 weak · 2 strong · 3 weak · 4 strong.
5. **Write the goal (14 min, 1:30).** Students pick their starred tool and fill in page 1 of the goal card: the goal sentence, times a week, where, a backup plan, and an adult to ask. Staff can write what a student says.
6. **Partner check (6 min, 1:44).** Partners read each other's goals out loud, tick the 5 checks on the card, and give one tip. Fix anything missing.
7. **Pocket card (15 min, 1:50).** Students cut out 1 pocket card, copy their goal, draw themselves using the tool, and color it. The big goal card goes in a page protector behind the Reset Plan card in the binder.
8. **Share and clean-up (11 min, 2:05).** Say: "Each week we'll check our goal. Tuesday is the first one." Each student says "My goal is ___" in one sentence (may pass). Binders on the shelf, pocket cards stay with students.

Finished early? Color the pocket card or help a partner finish their checks. **Tech not working?** Skip ORI and start early; use the printed Strong or Weak cards. No screen is needed.

All day: Classroom staff know the routines; ask them if you need help. Fidgets, headphones, extra time, and a 3-minute reset pass are always okay. Students may pass on sharing.