🔑 Teacher Key: Wed Oct 14, 2026 (🔵 Blue Day)

Separate from the student materials. Don't hand this out.

SEL Level 1: Cool-Down Words Sort

Card	Column
"I can't do this!"	🔥 Hot
"This is too hard!"	🔥 Hot
"I give up!"	🔥 Hot
"Everyone is mad at me."	🔥 Hot
"I'm bad at this."	🔥 Hot
"I can take a break." ⏸️	🧊 Cool
"I can try my best." 💪	🧊 Cool
"I can ask for help." 🙋	🧊 Cool
"I can breathe slow." 🌬️	🧊 Cool
"I am OK." 👍	🧊 Cool

Suggested hot → cool pairs: can't do this → try my best · too hard → ask for help · give up → take a break · everyone is mad → I am OK · bad at this → breathe slow (any cool card is acceptable).

Comic Panel 2 (Body Clue): acceptable answers. Any body reaction connected to Panel 1: tight fists, fast heart, red/hot face, tight shoulders, crying, stomach ache, shaking, clenched teeth. Example captions: "My heart beat fast." · "My hands felt tight." · "My face got hot."

Transitions Level 1: Big or Small? (8 worksheet scenarios)

#	Scenario	Answer	Helper (big only)
1	✏️ My pencil broke.	🟢 Small	—
2	🤕 I fell and my leg is bleeding.	🔴 Big	Nurse / teacher
3	🍎 I dropped my snack.	🟢 Small	—
4	🤢 I feel sick and want to throw up.	🔴 Big	Nurse
5	🎮 I lost a game.	🟢 Small	—
6	😟 Someone keeps being mean to me.	🔴 Big	Counselor / teacher

#	Scenario	Answer	Helper (big only)
7	🧥 I forgot my jacket.	🟢 Small	—
8	🚌 I missed my bus.	🔴 Big	Teacher / office

Exit-check cards (3): 💧 spilled water → 🟢 Small · 🔥 fire alarm → 🔴 Big (follow the adult) · 📄 lost my worksheet → 🟢 Small (ask for a new one).

Teaching note: Accept "medium" reasoning if a student explains it, e.g., missing the bus can feel small at home. The rule is: hurt / sick / not safe / can't fix it alone = 🔴 Big.