🔑 Teacher Key: Fri Oct 23, 2026 (🟡 Gold Day)

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

SEL Level 2: 🎯 Set My Calm-Down Goal (answers)

Last Time review (slide 4)

#	Question	Look for
1	Explain: Which tool did you rate ⭐⭐⭐? Why does it work for you?	Any binder tool + a personal reason (fast, quiet, works anywhere, calms my body).
2	Apply: Loud gym or bus, Plan A won't work. What's Plan B, and why?	A tool that fits the place: 5-4-3-2-1 or squeeze and release are quiet and portable; box breathing works anywhere; reset pass needs an adult's OK; cold water needs a sink.
3	Explain: How can you tell a tool helped?	Body calmer, breathing slower, shoulders drop, voice calm, back to work, didn't need a break.

Look-for: 80% give a reason or a situation, not just a tool name.

Strong or Weak? (slides 6–13; printed backup = `2026-10-23-sel-l2-goal-sort-cards.pdf`)

Card	Goal	Answer	What's missing / why
1 of 4	"I'll be calmer."	❌ Weak	No feeling or trigger, no tool, no number, no way to check.
2 of 4	"When I get frustrated in math, I will use box breathing before I talk. I'll try it 2 times a week. I'll know it helped when my voice is calm and I get back to work."	✅ Strong	Trigger, one tool, a number, how I'll know. (The "until winter break" check is printed on the card.)
3 of 4	"When I'm stressed, I'll use box breathing, 5-4-3-2-1, cold water, and a reset pass."	❌ Weak	Too many tools: pick one (the others can be Plan B). No number, no "how I'll know."
4 of 4	"When the hallway is loud, I'll squeeze and release my fists 3 times a week. I'll know it helped when my shoulders drop and I get to class on time."	✅ Strong	Trigger, one quiet tool, a number, a check.

Quick key: 1 ❌ · 2 ✅ · 3 ❌ · 4 ✅

The 5 checks (slide 14): one feeling or trigger · one tool I already know · how many times a week · how I'll know it helped · until winter break (12/18).

Goal card: no single right answer. Look-fors: the tool is already taught (box breathing, squeeze and release, cold water, 5-4-3-2-1, cool thoughts, reset pass); the target is a number; "it helped" is something you can see or feel; Plan B is a different known tool or an adult. Triggers stay school or work based. If a student picks a tool not on the list, steer to a known one (no new methods).

Model goal (if you need one): "When I get frustrated in math, I will use box breathing before I talk. I'll try it 2 times a week. I'll know it helped when my voice is calm and I get back to work."

Record (two-letter codes only, e.g., M.H.): Mastered (all 5 checks alone) / Approaching (3–4 checks or needed help) / Not yet (fewer than 3); recheck "Not yet" on Tue 10/27 before the baseline form.

7th Period: Transitions Level 2

Friday cooking lab / community outing: Grant handles. No key.