

Class Ready? - check In

<p>Focused</p>  <p><i>attentive, organized, able to listen</i></p> <p>What to do:</p> <ul style="list-style-type: none">• Keep it up!• Participate in the conversation• Sit tall and turn towards speaker	<p>Tired/Bored</p>  <p><i>yawning, rubbing head, closing eyes</i></p> <p>What to do:</p> <ul style="list-style-type: none">• Ask to stand at desk• Ask to go get a drink• Fidget with bracelet
<p>Agitated/ Frustrated</p>  <p><i>thinking about an injustice</i></p> <p>What to do:</p> <ul style="list-style-type: none">• Tell one person my concern• “Park it”- Write it down on list to talk to mom and dad about when I get home• Listen to one “feel good” song	<p>Excited</p>  <p><i>lots of energy, super happy, fidgety</i></p> <p>What to do:</p> <ul style="list-style-type: none">• Tell one person why I’m excited• “Park it”- Write it down on list to talk to mom and dad about when I get home• Go for a walk to get energy out
<p>Anxious</p>  <p><i>worried about class, an assignment, or a test, uncertain about what is going to happen</i></p> <p>What to do:</p> <ul style="list-style-type: none">• Tell one person how I feel• Put on my leather coat• Chew gum• Take 10 deep breaths	<p>Distracted</p>  <p><i>thinking about things I love- movies, animals, Pokemon</i></p> <p>What to do:</p> <ul style="list-style-type: none">• “Park it” – write it down to think about after school• Ask to stand at desk to work• Fidget with bracelet• Sit tall and turn towards speaker