

## Class Ready? - check In

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