

AM I READY TO LEARN CHECK-IN?



NOT READY

My body feels overwhelmed, upset or not calm.



GETTING THERE

My body is starting to feel better, but I need a little more support.



READY TO LEARN

My body feels calm, focused and ready to learn.



It's ok to check in with yourself.
I know myself. I can make good choices.





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WHAT DOES MY BODY NEED RIGHT NOW IF I'M NOT READY TO LEARN?

REFLECTION PROMPT CARDS



MOVEMENT



QUIET



WATER



HELP



A BREAK



DEEP BREATHS



I can take small steps to take care of my body.

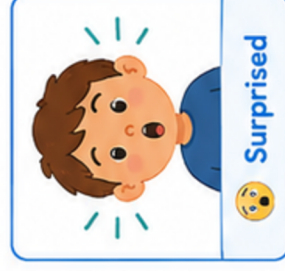
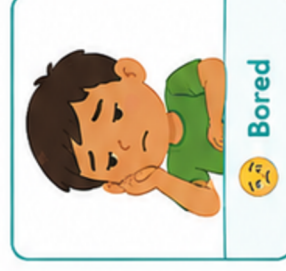
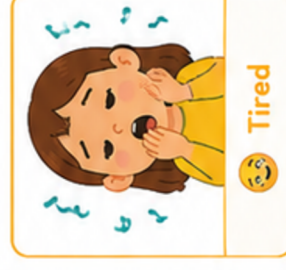
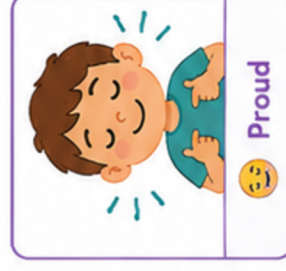
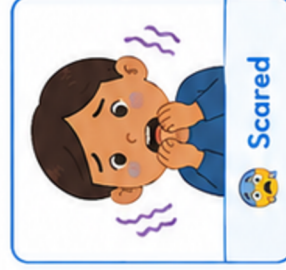
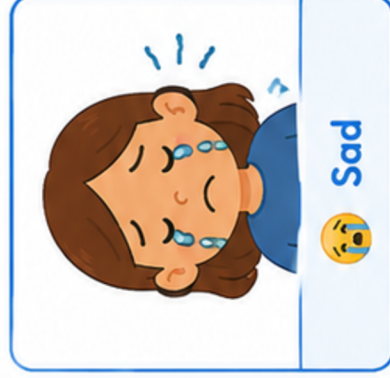
I can choose what I need.



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NAME THE FEELING

What am I feeling right now?



All feelings are okay. I can notice how I feel. I can name my feeling. I can choose what I need.



MY CHECK-IN

♥ I can check in with myself and choose what I need to be ready to learn. ♥



MORNING CHECK-IN

Date: _____

HOW AM I FEELING RIGHT NOW?

Circle or colour.



Happy



Worried



Angry



Sad



Overwhelmed

AM I READY TO LEARN?

Circle your zone.



READY

I feel good and ready to go!



GETTING THERE

I need a little more support.



NOT READY

I need help before I begin.

WHAT DO I NEED RIGHT NOW?

Tick what would help me most.



Movement



Quiet



Water



Break



Help

Other: _____



AFTERNOON CHECK-IN

Date: _____

HOW AM I FEELING RIGHT NOW?

Circle or colour.



Happy



Worried



Angry



Sad



Overwhelmed

AM I READY TO LEARN?

Circle your zone.



READY

I feel good and ready to go!



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WHAT DO I NEED RIGHT NOW?

Tick what would help me most.



Movement



Quiet



Water



Break



Help

Other: _____

MY GOALS TO TRACK ♥

My goal is:

Why this goal is important to me:

My plan:

WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	How did I go? 	How did I go? 	How did I go? 	How did I go? 	How did I go?
	Notes: _____	Notes: _____	Notes: _____	Notes: _____	Notes: _____



I am growing.

I am learning.

I can do hard things.

I am enough.



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MY SELF-REGULATION CARDS

♥ I can use these ideas to help my body and mind feel calm, focused and ready. ♥

1. TAKE A BREATH



Breathe in slowly through my nose.
Breathe out slowly through my mouth.
I can do this. ♥

2. BODY SCAN



Notice how my body feels from head to toe. Tight or relaxed?

I notice. I breathe. I relax. ♥

3. STRETCH IT OUT



Stretch my arms up high, roll my shoulders and take a deep breath.

Move. Release. Reset. ♥

4. 5-4-3-2-1



5 things I can see
4 things I can feel
3 things I can hear
2 things I can smell
1 thing I can taste

I am here. I am safe. ♥

5. TAKE A BREAK



I can take a break in my safe space or calm corner.
It's ok to pause.

A break helps me come back stronger. ♥

6. MOVE MY BODY



Jump, stretch, walk, dance or do a quick movement break!

Movement helps me feel better. ♥

7. USE POSITIVE SELF-TALK



I can be kind to myself.
I am doing my best.
I can try again. ♥

8. SQUEEZE & RELEASE



Squeeze something firm, then let go.
Notice the difference.

Squeeze. Release. Relax. ♥

9. PICTURE A CALM PLACE



Close my eyes and imagine my happy place. What do I see, hear and feel?

My calm place is always with me. ♥

10. DRINK SOME WATER



A sip of water can help me feel better and think clearer.

Small steps make a big difference. ♥

11. WRITE OR DRAW



Write or draw how I'm feeling. It helps me let it out.

My feelings matter. ♥

12. FOCUS ON ONE THING



Focus on one thing at a time. It helps my brain stay calm and clear.

One thing at a time. ♥

13. ASK FOR HELP



It's ok to ask for help. I can talk to a teacher, friend or adult I trust.

I don't have to do it alone. ♥

14. RESET & REFLECT



I can take a moment to reset. What do I need right now?

Reset. Reflect. Choose. ♥

15. AM I READY?



Green = Ready
Yellow = Almost
Red = Not yet
I can check in with myself.

I know myself. I can make good choices. ♥

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MY REGULATION TOOLBOX

I can choose strategies that help my body and mind feel calm, focused and ready to learn.

WHEN I NEED SUPPORT, I CAN CHOOSE SOMETHING THAT HELPS.

1. CALM MY BODY

Ideas to help my body feel calm.



Deep breaths



Stretch



Drink water



Quiet space

2. MOVE MY BODY

Ideas to help my body get the wiggles out.



Wall pushes



Star jumps



Go for a walk



Use a fidget

3. HELP MY BRAIN FOCUS

Ideas to help me focus and get back on track.



Use headphones



Use a timer



Break task down



Ask for help

4. CONNECT & COMMUNICATE

Ideas to help me feel supported.



Talk to teacher



Use my help card



Work with a friend



Take a break

MY PLAN

I can create my plan. I know what helps me.

★ When I feel _____,

I can try _____.

★ I can ask for _____

if I need more help.



I can make choices.

I can take care of my body and mind.

I can do hard things.

I can!