

<p style="text-align: center;">Mental Flexibility</p> <p>-Lights, Camera, Action Rehearse situations ahead of time to predict and practice possible scenarios you may encounter.</p> <p>-I Rock! Write or think three positive things about yourself when you catch yourself being negative.</p> <p>-SOS Ask for help, get more info.</p> <p>-Box Breathing Breathe in to a count of four, breathe out to a count of four. Imagine a box and each breathing set is a side.</p> <p>-Test the waters Give something new a fair try before making up your mind.</p> <p>-Chunky monkey Break tasks into smaller parts and take a quick break once you're done each part.</p> <p>-Friendly Faces You can dislike an idea without disliking a person.</p>	<p style="text-align: center;">Prioritizing and Planning</p> <p>-Triage Decide what needs to be handled right away and what can wait. Things to handle right away: things that are due soonest, small steps that need to be completed before other things can happen.</p> <p>-Laundry List Write a to-do list with the most important things at the top. Check things off as you go.</p> <p>-Chunky Monkey Break tasks into smaller parts and set a date for each small part to be completed.</p> <p>-It's a Date! Use a calendar and write things down right away. Include things outside of school.</p> <p>-Clear as Mud Make sure you understand the instructions so that you can stay focused.</p> <p>-Jot that thought 3.0 Write down the instructions as they're said.</p>	<p style="text-align: center;">Response Inhibition</p> <p>-Jot that Thought Write down your thoughts or questions to avoid interrupting during a class discussion.</p> <p>-Jot that Thought 2.0 Is what you have to say worth writing down? If not, it might not be worth saying.</p> <p>-Jot that Thought 3.0 Write down the instructions as they are being explained. Review them before asking a question.</p> <p>-Take 5 Count to five slowly before saying or doing anything to give yourself time to filter</p> <p>-Friend Zone Ask to sit away from your friends so that you aren't tempted to chat with them.</p> <p>-Idle Hands Use a quiet fidget tool like a ring or even an elastic on your wrist to help you wait.</p>
<p style="text-align: center;">Working memory</p> <p>-Jot that Thought Write down your thoughts or questions during a class discussion.</p> <p>-Jot that Thought 3.0 Write down the instructions as they are being explained. Review them before asking a question.</p> <p>-Anchors Away Use the anchor charts and posters in the room.</p> <p>-Squirrel! Eliminate as many distractions as you can. Don't open tabs on your computer that you know will suck you in.</p> <p>-Beetlejuice Say the thing you're trying to remember out loud three x.</p> <p>-Tattoo Artist Write a reminder on the back of your hand. But don't use permanent marker (just a bad idea).</p> <p>-It's a Date! Use a calendar and write things down right away.</p> <p>-Johnny Mnemonic Make up a little rhyme or pattern to remember things. (eg. BEDMAS, Every Good Boy Deserves Fudge)</p> <p>-Laundry List Write a to-do list with the most important things at the top. Check things off as you get them done.</p>	<p style="text-align: center;">Emotional Control</p> <p>-Take 5 Count to five slowly before saying or doing anything when you feel angry or frustrated.</p> <p>-Scenic Route Go to the washroom, take the long way back.</p> <p>-Box Breathing Breathe in to a count of four, breathe out to a count of four. Imagine a box and each breathing set is a side.</p> <p>-Woah Nellie Stop and ask "What's really bothering me here?" or "What's actually making me upset about this?"</p> <p>-Grr Journal Write or draw about what is bothering you. Get those toxic feelings out of your system. Reread it when you're calm to see if you just needed to vent or if you need to find a solution to a problem.</p> <p>-Mamaste When you're calm talk about what is bothering you with a teacher or other trusted adult.</p> <p>-Know it, Name it Recognize how you feel with each emotion. Name your feelings.</p> <p>-Healthy Habits Get a good sleep, eat a healthy breakfast, get some physical activity in your day.</p>	<p style="text-align: center;">Organizing</p> <p>-It's a date! Use a calendar and write things down right away.</p> <p>-Laundry List Write a to-do list with the most important things at the top. Check things off as you go.</p> <p>-Tidy up Time Clean out your backpack once a week. File any loose pages. Every Friday night or every Sunday is a great time.</p> <p>-Binder Boss Use coloured, labelled dividers in a binder; one for each subject. Put your new notes in after the previous note, just like a book.</p> <p>-Get Graphic Use graphic organizers to sort your thoughts. Use grid paper when doing long calculations in math to keep your numbers lined up</p> <p>-Groundhog Day Always put your things in the same spot so you can find them when you need them.</p> <p>-Chef's Secret Tidy as you go. When you're done with something, tidy it up right away. Keep your workspace clear.</p>

<p style="text-align: center;">Sustained Attention</p> <p>-Squirrel! Eliminate as many distractions as you can. Don't open tabs on your computer that you know will suck you in.</p> <p>-Scenic Route Go to the washroom, take the long way back. Run the stairs a few times to burn off energy.</p> <p>-Clear as Mud Make sure you understand the instructions so that you can stay focused.</p> <p>-Jot that Thought 3.0 Write down the instructions as they are being explained. Review them before asking a question.</p> <p>-Friend Zone Ask to sit away from your friends so that you aren't tempted to chat with them.</p> <p>-Block it Out Use headphones when working to block out distractions. Play quiet, calm instrumental music or just wear the headphones to reduce noise.</p> <p>-Chunky Monkey Break tasks into smaller parts and take a quick break once you're done each part.</p> <p>-Back on Track If something does pull your attention away recognize that and return to your work quickly</p> <p>-Idle hands Use a quiet fidget tool like a ring or even an elastic on your wrist to help you wait.</p>	<p style="text-align: center;">Time Management</p> <p>-Chime Time Set alarms on your phone for 5 minutes before you need to leave or be somewhere.</p> <p>-Chime Time 2.0 Set a timer before starting a task so that you don't take too long and stay on task.</p> <p>-It's a Date! Use a calendar and write things down right away. Include the things outside of school so that you can work ahead if you've got a practice or rehearsal one night.</p> <p>-Laundry List Write a to-do list with the most important things at the top. Check things off as you get them done.</p> <p>-Madison's Magic Take a picture of your class schedule and set it as the background to your phone or computer.</p>	<p style="text-align: center;">Task Initiation</p> <p>-Cannonball Jump into a task right away. Get started, ask questions if you need to later.</p> <p>-I Rock! Write or think three positive things about yourself when you catch yourself being negative.</p> <p>-Clear as Mud Make sure you understand the instructions so that you can stay focused.</p> <p>-SOS Ask for help, get more information.</p> <p>-Chunky monkey Break tasks into smaller parts and take a quick break once you're done each part.</p> <p>-Chime Time 2.0 Set a timer before starting a task so that you don't take too long and stay on task.</p> <p>-Friend Zone Ask to sit away from your friends so that you aren't tempted to chat with them.</p> <p>-Test the waters Give something new a fair try before making up your mind.</p>
<p style="text-align: center;">Goal Directed Persistence</p> <p>-Chunky monkey Break tasks into smaller parts and take a quick break once you're done each part.</p> <p>-Cannonball Jump into a task right away. Get started, ask questions if you need to later.</p> <p>-Woah Nellie Stop and ask "What's actually stopping me from doing this?"</p> <p>-Squirrel! Eliminate as many distractions as you can. Don't open tabs on your computer that you know will suck you in.</p> <p>-Back on Track If something does pull your attention away recognize that and return to your work ASAP</p> <p>-Laundry List Write a to do list with the most important things at the top. Check things off as you go.</p>	<p style="text-align: center;">Metacognition</p> <p>-SOS Ask for help, get more information.</p> <p>-Urkel Be aware of other's reactions. Check body language and tone if people are speaking. Ask yourself "Did I do that?" and reflect on your actions and words.</p> <p>-Chunk and Check Break tasks into smaller parts and check in with the teacher or use success criteria to make sure you're on the right track.</p> <p>-Clear as Mud Make sure you understand the instructions so that you can stay focused.</p> <p>-Stars and Steps Look over the success criteria or anchor chart. Compare that to your own work. What did you do well? (star) What do you still need to do? (steps)</p>	