



GOALS FOR: _____

YOUR NAME

DATE

I FEEL

MY GOAL

ACTIVITIES

/ /

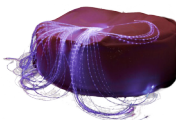


- WAKE UP
- ORGANIZE
- FOCUS
- SIT STILL
- CALM DOWN
- LEARN

BUILD-A-BREAK ACTIVITIES



1 JUMP



2 SEE THE LIGHT!



3 SWING HIGH



4 BALANCE



5 FIDGET



6 TUNE OUT THE NOISE



7 CRAWL



8 HAVE A BALL



9 SNUG SWING



10 CLIMB



11 STRETCH



12 GET A HUG

DATE

AFTER THE ACTIVITIES, I FEEL...

GOALS I ACHIEVED

/ /

