DO-NOW WARM UP SHEET:

<table>
<thead>
<tr>
<th>Name:</th>
<th>Today’s date:</th>
<th>I am on lesson:</th>
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<tbody>
<tr>
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<td>notes</td>
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I am ___________ ahead of pace! ___________ on pace ___________ not on pace ( ___ lessons behind where I should be)

Lesson objective in my own words:

Warm-up questions:

My goal today:

Strategies that will help me accomplish my goal today (choose one or more options):

- Take deep breaths (breath in for five seconds, breath out for five seconds) to calm and focus myself
- Avoid talking to classmates, so I use time well
- Use technology responsibly, so I can finish my work faster
- Review my notes or a video to better understand this lesson
- Calmly ask for help with ____________________________________________ (Be specific!)

My own strategy: ____________________________________________

Explain how this strategy will help you today:

My internal weather check: Today I am feeling:

- Sunny!
- Partially cloudy
- Windy
- Stormy

Anything I want to share with my teacher?

Source: Eastern Senior High School, Washington, DC, via Edutopia.