

DO-NOW WARM UP SHEET:

Name:	Today's date:	I am on lesson: <input type="checkbox"/> notes <input type="checkbox"/> classwork <input type="checkbox"/> exit ticket
I am <input type="checkbox"/> ahead of pace! <input type="checkbox"/> on pace <input type="checkbox"/> not on pace (____ lessons behind where I should be)		
Lesson objective <u>in my own words</u>:		
Warm-up questions:		
My goal today:		
Strategies that will help me accomplish my goal today (choose one or more options):		
<input type="checkbox"/> Take deep breaths (breath in for five seconds, breath out for five seconds) to calm and focus myself		
<input type="checkbox"/> Avoid talking to classmates, so I use time well		
<input type="checkbox"/> Use technology responsibly, so I can finish my work faster		
<input type="checkbox"/> Review my notes or a video to better understand this lesson		
<input type="checkbox"/> Calmly ask for help with _____ (Be specific!)		
<input type="checkbox"/> My own strategy: _____		
Explain how this strategy will help you today:		
My internal weather check: Today I am feeling:		
<input type="checkbox"/> Sunny! <input type="checkbox"/> Partially cloudy <input type="checkbox"/> Windy <input type="checkbox"/> Stormy		
Anything I want to share with my teacher?		

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