





















































Date: _____



<p style="text-align: center;"> I Tried My Best With <i>(Teacher checks 1–3 max)</i></p> <div style="display: flex; flex-direction: column; gap: 5px;"> <div><input type="checkbox"/>  Raise hand</div> <div><input type="checkbox"/>  Sit in my spot</div> <div><input type="checkbox"/>  Listen to teacher</div> <div><input type="checkbox"/>  Kind words</div> <div><input type="checkbox"/>  Calm body</div> <div><input type="checkbox"/> Other: _____</div> </div>	<p style="text-align: center;"> What Helped Me Today</p> <div style="display: flex; flex-direction: column; gap: 5px;"> <div><input type="checkbox"/>  Break time</div> <div><input type="checkbox"/>  Calm corner</div> <div><input type="checkbox"/>  Fidget/wiggle</div> <div><input type="checkbox"/>  Teacher help</div> <div><input type="checkbox"/> Other: _____</div> </div>
<p style="text-align: center;"> My Win Today (Circle ONE)</p> <div style="display: flex; flex-direction: column; gap: 5px;"> <div> Tried</div> <div> Followed rules</div> <div> Stayed calm</div> <div> Was kind</div> <div>Other: _____</div> </div>	<p style="text-align: center;"> Tomorrow I Will Practice (Circle ONE)</p> <div style="display: flex; flex-direction: column; gap: 5px;"> <div> Raise hand</div> <div> Calm body</div> <div> Listening</div> <div> Kind words</div> <div>Other: _____</div> </div>
<p style="text-align: center;"> My Day Felt Like (Circle one)</p> <div style="display: flex; justify-content: space-around; align-items: center; gap: 20px;">     </div>	<p style="text-align: center;">Optional teacher note. (3–5 words max)</p> <div style="height: 40px; border: 1px solid black; margin-top: 10px;"></div>

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