



FaithWorks Counseling

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★ My Star Chart

Helping My Brain Learn

🎯 Today I Am Practicing: (*Circle ONE*)

👧 Raise Hand

🧘 Calm Body

👂 Listening

🪑 Stay in Spot/Seat

Other: _____

🕒 Star Time Blocks (*10–15 minutes each*)

★	★	★	★	★
☐	☐	☐	☐	☐

(Teacher adds sticker/smiley/stamp when time is up)