

My desk mat

Ready, focused, checked: my daily routine.



NAME _____

CLASS _____

DATE _____

USE A DRY-WIPE PEN

Laminate this page or slide it into a plastic pocket. Tick, write, wipe clean.

1 Ready to learn

Tick each one when it is done



Pencil case
Pencils ready

☐


Planner
Open on my desk

☐


Water bottle
Filled and ready

☐


Bag away
Tucked away

☐


Phone away
if your school says so

☐

2 My focus today

3 My 1-2-3 start

Do these in order

1

Settle

Sit down. Breathe in, breathe out.

2

Plan

Look at the board. Say my focus.

3

Start

Begin the first task.

Start

of the lesson

Am I ready to learn?



Yes!



Nearly



Not yet

Middle

of the lesson

Am I on task?



Yes!



Nearly



Not yet

End

of the lesson

Did I do what I planned?



Yes!



Nearly



Not yet

4 I need help

Point to a card. Your teacher will see it.



I need help



I have a question



I am finished



My week log

NAME _____

CLASS _____

WEEK BEGINNING _____

LEARNING GOAL

Get ready, stay focused and check how I am doing.

SUCCESS CRITERIA

- ☐ I can get my things ready.
- ☐ I can check my focus three times.
- ☐ I can ask for help calmly.

Day



Pencil



Planner



Water



Bag



Phone

Yes!

Start
Nearly

Not yet

Yes!

Middle
Nearly

Not yet

Yes!

End
Nearly

Not yet

Mon

date



My focus

1

2

3

4

5

Tue

date



My focus

1

2

3

4

5

Wed

date



My focus

1

2

3

4

5

Thu

date



My focus

1

2

3

4

5

Fri

date



My focus

1

2

3

4

5

Progress steps

Shade one step for each, every day

1 Kit ready

2 Settled

3 Planned

4 Started

5 Checked at the end