

My lesson mat

Move your counter. Point to how you feel. Ask for what you need.



1 My lesson countdown

Move your counter along the path. Tick each part when it is done.



1 Starter

Warm up my brain

☐ done



2 Main activity

Do the big task

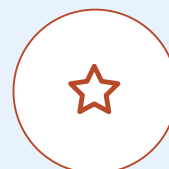
☐ done



3 Plenary

What did I learn?

☐ done



Finished

All done!

2 What I need to do now

Use a dry-wipe pen

Now I need to

Next

3 How am I feeling?

Point to a face, or put your counter on it. All feelings are okay. This is just for you and your teacher.



happy



calm



worried



sad



cross



tired

4 I need ...

Point to a card to tell your teacher. It is always okay to ask.



I NEED

help



I NEED

a break



I NEED

more time



I NEED

a quiet space

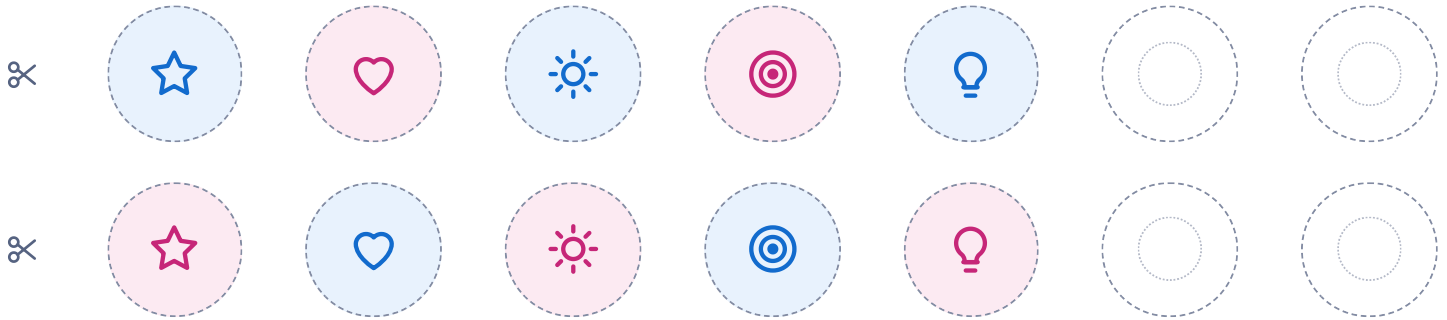
Counters, stage cards and a longer lesson strip

Laminate first, then cut on the dashed lines.



A Counters

Choose a counter. It fits on each stop of your path. Draw your own on a blank one.



B Stage cards

Put the card for the part you are on at the top of your desk. Use the blank card for a new part.



C Longer lesson? Use 5 stages

Cut out this strip and lay it over the path on your mat. Your counters fit here too.

