

# Assignment – Beaker Check Ins



## Let's Be a Beaker Detective!!!!

Spend some time thinking about *how you* empty your beaker AND practicing some of your strategies when feeling frustrated. You will have the opportunity to share an example of this with your technician.

**Here's my plan:**

- Play detective around my favourite strategies to empty my beaker.
- Practice my favourite strategies to empty my beaker. (Choose one to try everyday)
- When my beaker is getting full, tell my cheerleaders so they can help remind me of things to do to empty my beaker
- Listen to the relaxation CD/try out my breathing triangle

When? \_\_\_\_\_

With who? \_\_\_\_\_

Where? \_\_\_\_\_

For the best results, take 3 or 4 opportunities this week to do beaker check-ins and if your beaker is getting full, try a strategy to empty your beaker.

Day 1: # attempts?	Day 2: # attempts?	Day 3: # attempts?	Day 4: # attempts?	Day 5: # attempts?	Day 6: # attempts?	Day 7: # attempts?