

PREPARE YOURSELF FOR LEARNING TODAY

- > **Tune in**
 - > How do you feel?
- > **De-escalate**
 - > Have you taken a breath?
- > **Focus**
 - > Is your attention here?
- > **'Ready to Learn'**

Assess your self-regulation.
Design your ready to learn chart.

Name				Date
				
1 No way am I ready to learn	2 I am feeling 'blah' about learning	3 I am OK to learn	4 I am good to learn	5 I am pumped about learning



Some ideas...

- a** Bounce a ball against the wall for 5 mins
- b** Dance to an upbeat song I love
- c** Wash / dry / put away the dishes

To get myself into a better place for learning I can try...

- a**
- b**
- c**