

The Chill Checklist

**WHEN YOU READ THIS:
DRINK WATER!!**

With Students

- Circulate in the classroom, take time to check in with students.
- Take a quick look out the window while monitoring.
- Use a breathing strategy.
- Grab a quick snack/treat.
- Open the windows to let in fresh air.

Whole-Class Resets

- Mindful Moments on YouTube (Meditations, Calming Videos).
- Change up the lighting.
- Movement Breaks to release extra energy or to excite students.
- Brief whole-class meeting to check in.
- Class read-aloud (can target specific SEL skills).
- Play quiet background music.