

Do Now: Reflect on your impulses

1. When you enter the classroom and see your friend, what is your impulse?
2. When you are stuck on a do now question, what is your impulse?
3. During notes, what are some common non-academic questions that you ask?
4. How can managing our impulses help us learn more?

Impulse management prepares us for college

We can manage our impulsivity through classroom routines

Enter the classroom	<ol style="list-style-type: none">1. Bring your binder, _____ calculator, and pencil2. _____ walk into the classroom and take the notes from Ms. Chang3. Go straight to your seat4. Work on the Do Now
Do now (5 min)	<ol style="list-style-type: none">1. _____, _____, and _____ when bell rings2. You can find the Do Now question on the _____3. Ms. Chang will go over the answers4. No work shown = _____%
Notes (20 min)	<ol style="list-style-type: none">1. _____ take notes on the notes handout so that everything on the board is in your notes2. If you have a question or an answer, silently _____ and _____ for Ms. Chang to call on you

Managing our impulsivity

Bathroom	<ol style="list-style-type: none">1. Silently raise fingers crossed2. If Ms. Chang says yes, silently take the bathroom pass3. You have ____ minutes4. Silently re-enter the room, place the bathroom pass back in the folder, and go straight back to your seat
Tissue	<ol style="list-style-type: none">1. Silently raise two fingers up2. Stay _____. Ms. Chang will pass you the tissues3. Throw out your tissue trash when _____
Pencil	<ol style="list-style-type: none">1. Silently raise your index finger2. Stay _____. Ms. Chang will pass you a pencil sharpener and pick it up from you when she can
Leave the classroom	<ol style="list-style-type: none">1. Stay seated until _____2. Check your desk area for belongings and _____3. Push in your _____4. Place all trash in the trash on your way out

DO

1. Stay in your assigned seat unless you have permission to get up
2. Use classroom hand signals such as: _____

2. Take notes, complete the Do Now, classwork, and homework (together they are _____% of your grade!)

DON'T

1. Do not get up during class to:
 - Get tissue or sharpen your pencil. Ms. Chang will bring tissues and a sharpener to you
 - Throw away trash. Throw your trash away when you **leave the classroom**

2. Do not talk when the teacher is talking.
 - During partner practice, you will have _____ minutes to talk quietly with your desk partner

Exit Ticket

Work silently and independently. You have 5 minutes.

1. T or F You may not use the restroom or water fountain during the first 10 and last 10 minutes of class
2. T or F If you are absent, ask Ms. Chang for the absent work first
3. T or F Always write your name, date, and period at the top right hand corner of any classwork or homework
4. T or F If you don't have a pencil, ask Ms. Chang
5. T or F Sharpen your pencil anytime during class
6. T or F If you need a tissue, you can get one anytime in class, no need to raise your hand first
7. T or F The Do Now, Homework Check, and Main Lesson are time for silent, individual work
8. T or F You should write down your homework in your agenda after you finish the exit ticket