**Focus Room sign in**

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TIME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please check your readiness to work on a plan:

* I am ready to work on a resolution/problem-solving plan now
* I need 5 minutes to refocus before completing my plan
* I need 10 minutes to refocus before completing my plan
* I need 15 minutes to refocus before completing my plan

The activity that would help me calm down/refocus would be:

* Reading
* Clay / Sand
* Drawing / Coloring
* Journaling / Writing
* Stress “toy”
* Puzzle / Game
* Physical Activity
* Putting my head down

**Focus Room sign in**

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TIME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please check your readiness to work on a plan:

* I am ready to work on a resolution/problem-solving plan now
* I need 5 minutes to refocus before completing my plan
* I need 10 minutes to refocus before completing my plan
* I need 15 minutes to refocus before completing my plan

The activity that would help me calm down/refocus would be:

* Reading
* Clay / Sand
* Drawing / Coloring
* Journaling / Writing
* Stress “toy”
* Puzzle / Game
* Physical Activity
* Putting my head down