



MY DOPAMENU

STARTERS

These are quick activities that provide a burst of dopamine but don't suck you in: stretches, dance break, cup of coffee, eat a snack, warm shower, five minute walk, crossword, etc.

MAIN COURSE

Time-consuming activities that give you a sense of joy: playing an instrument, creating art, enjoying a hobby, going for a hike, journaling, exercising, etc.

SIDES

These are things you can pair with boring activities to make them more stimulating: watch a show while folding laundry, listen to a podcast while jogging, body double, etc.

DESSERTS

These are activities that are easy to overdo. Use them sparingly. Examples: scroll social media, gaming, TV, etc.

SPECIALS

These are activities that you don't always have access to, but really look forward to, such as concerts, trips, holidays.



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STARTERS

MAIN COURSE

SIDES

DESSERTS

SPECIALS

LEARNING LADDER

In this exercise, students jot down a few words about how it feels for them at each level. They could use metaphors like driving a car or water flowing, but they must use their own words. If students can't come up with ideas for the final question, brainstorm that one as a group.

LEVEL ONE: READY TO LEARN

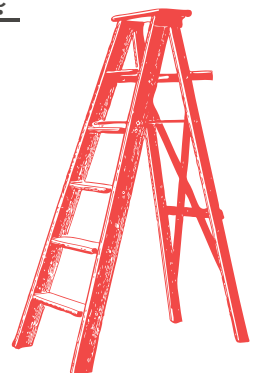
LEVEL TWO: OPEN TO LEARNING

LEVEL THREE: HARD TO FOCUS

LEVEL FOUR: NOT WANTING TO LEARN

LEVEL FIVE: UNABLE TO LEARN

HOW DO I GET BACK TO LEVEL 1-2?



TELL ME MORE...

WHAT IS HARD ABOUT SCHOOL...AND
WHAT DO YOU LIKE ABOUT SCHOOL?

WHAT STORY ARE YOU TELLING
YOURSELF ABOUT SCHOOL?

WHEN DO YOU FEEL IN CONTROL AND
READY TO LEARN?

WHAT DO YOU WANT YOUR TEACHERS
TO UNDERSTAND ABOUT YOU?

