

8th Grade Charter RULER

As a grade level, we want to feel...

Productive, Happy, accepted, relaxed, excited and energetic

In order to have these feelings consistently, we will...

- Take a 5 minute break when appropriate in class to get up and talk to others/stretch.
- Work with friends on class assignments as allowed.
- At least once per week, make an effort to reach out to someone who seems like they need it.
- Suggest fun elements to teachers on difficult assignments.
- Get at least 8 hours of sleep every night.

To manage conflict and unwanted feelings, we will...

- Take a mental break, walk, get a drink or doodle when needed and time is appropriate.
- Read a book or listen to some music during some free time.
- Talk to a counselor or another trusted adult at DCC.