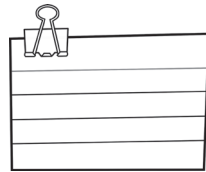
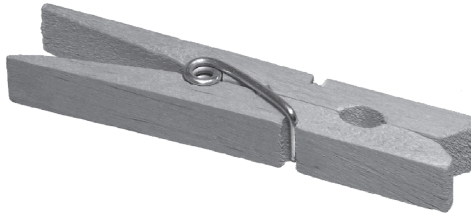


**FIGURE 5.1** Dragon Quilt Strategy Card for Elementary Students



### **Dragon Quilt Strategy**



1. When something is bothering or exciting me, I will write it down on a card and clip it to my dragon quilt.
2. Then, I will stop thinking about it so that I can complete my work.
3. I will revisit the card on my dragon quilt later when I have time to think about what is bothering or exciting me.