



FIGURE 5.2 What's On My Mind Strategy Card for Secondary Students

	<p>What's On My Mind Strategy</p>		<ol style="list-style-type: none">1. When something is bothering me, I will write it down on a Post-it Note and place the note where it belongs.2. I will stop thinking about it so that I am not distracted and can complete my work.3. I will revisit the issue on the Post-it Note at an appropriate time when I can think about it.
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