

# Kernels Tracker



Dates: \_\_\_\_\_ Month: \_\_\_\_\_

	Kernel Name	M	T	W	Th	F
	A Cold Wind Blows					
	Award to a Friend					
	Biggest Fan					
	Cool Kid					
	Lineup Challenge					
	Looks Like, Sounds Like, Feels Like					
	Meaningful Compliments					
	My Fault, Making Amends					
	Our Achievements					
	Question Quest					
	Rules for Our Cool Community					
	Sharing Our Interests					
	Similarity Signal					
	Smile!					
	Steps to Resolution					
	Thankful Thoughts					
	Thought Box					

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	Kernel Name	M	T	W	Th	F
	Checking Perspectives					
	Cooldown Process					
	Feelings Bingo					
	Feelings Charades					
	Feelings Circle					
	Feelings Ruler					
	Feelings Stories					
	Feelings Tree					
	Freeze Feelings					
	I-Message					
	Our Bodies' Clues					
	Perspective Detectives					
	Stand Up/Sit Down					
	5 Senses					
	Belly Breathing					
	Body Scan					
	Drawing About Yourself					
	I Can See					
	Self-Talk Superhero					
	Stretch!					

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	<b>Kernel</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>
	<b>The Power of Yet</b>					
	<b>Visiting a Beautiful Place</b>					
	<b>Wiggle Cool Down</b>					
	<b>Abracadabra</b>					
	<b>Active Listening Games</b>					
	<b>Catch Sounds</b>					
	<b>Categories</b>					
	<b>Find the Secret Agent</b>					
	<b>Four Corners</b>					
	<b>Hocus Pocus</b>					
	<b>Hot Potato</b>					
	<b>Names</b>					
	<b>On My Pizza</b>					
	<b>Petryk Says</b>					
	<b>Silly Stories</b>					
	<b>Sing it Silly</b>					
	<b>Sing with a Partner</b>					
	<b>Tailor Shop</b>					
	<b>Telephone</b>					

Dates: \_\_\_\_\_ Month: \_\_\_\_\_

	Kernel	M	T	W	Th	F
	Ten Questions					
	The Last Word					
	Wait for It					
	Zip Zap Zop					

### My Notes:

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Dates: \_\_\_\_\_ Month: \_\_\_\_\_

[illegible]