PRIORITIZATION STRATEGIES
ACTIVITY TIME

There is going to be a list of activities by point, you will have 2 minutes to attain as many points as possible.
ACTIVITY TIME

ONE POINT
- Click your pen 40 times
- Say “I love the AAC!”
- Share your favorite movie with a classmate
- Give a compliment to a person next to you
- Make a paper airplane and fly it across the room

TWO POINTS
- Play patty cake with someone next to you
- Call the 5th contact in your phone
- Do an Adele or Beyoncé impression
- Walk a lap around the room

THREE POINTS
- Get up and introduce yourself to me
- Do 5 jumping jacks
- Take a selfie with a neighbor
- Do the chicken dance
- Take a picture of someone else, put it on your story
How did that go?

Those with higher points, what was your strategy?

Anyone get stressed out? Why?
WHAT ARE YOU BALANCING?
HOW DO YOU MANAGE WHEN YOU ARE STRESSED?