



Your Calm Build Plan

One photo. One brick size. One row at a time.

- **1. Set up a quiet spot**
A table with good light. Open only the bag you need.
- **2. Pick a session length**
Try 15 or 20 minutes. Stopping is part of the plan.
- **3. One color bag at a time**
Each bag has a color name and number, like your map.
- **4. One row at a time**
Follow the map row by row. Tick the row on page 2.
- **5. Stop at a STOP card**
Use the cards on page 3. Leave the next bag ready.
- **6. Look how far you came**
Step back and see the picture appear.

*Building together? Try three jobs: one reads the map, one finds the color, one presses the bricks.
Swap jobs every few rows.*



Row Tracker

Tick a box for every row you finish. 50 rows on a 16x16 board.

Rows 1-5	1	2	3	4	5	Date: _____
Rows 6-10	6	7	8	9	10	Date: _____
Rows 11-15	11	12	13	14	15	Date: _____
Rows 16-20	16	17	18	19	20	Date: _____
Rows 21-25	21	22	23	24	25	Date: _____
Rows 26-30	26	27	28	29	30	Date: _____
Rows 31-35	31	32	33	34	35	Date: _____
Rows 36-40	36	37	38	39	40	Date: _____
Rows 41-45	41	42	43	44	45	Date: _____
Rows 46-50	46	47	48	49	50	Date: _____



Cards to Cut Out

Put one on the table so everyone knows what comes next.

NOW

We are building

NEXT

Next color bag: _____

STOP HERE

Great work. We continue later.

BREAK

Stretch, drink water, come back

DONE TODAY

Rows today: _____

FINISHED!

Step back and look