Reflection Sheet

Name:_____   Date: _____

Which choice did you make?

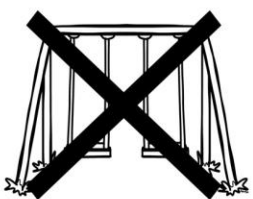|			
Did not follow directions.	Hurt someone's body	Touched things that don't belong to me	Hurt someone's feelings
Played instead of doing my work	Left my space without permission	Being unsafe	Talking instead of listening

What was happening BEFORE you made the choice?

I was feeling angry.	I was feeling sad.	I was feeling worried.	I wanted someone to give me attention.
I wanted to get away from someone or something.	I wanted to have fun.	I wanted to have something.	I didn't want to do my work or I didn't know how to do it..

This is how my choice hurt me:

I didn't get to learn as much.	I feel more upset now.	My classmates got upset with me.	I lost a privilege.

This is how my choice hurt someone else:

It hurt their feelings.	It hurt their body.	They didn't get to learn as much.	They felt disrespected.

I can make it better. This is what I can do:

I'm sorry. Apologise.	Do my work.	Clean up the mess.	What can I do? Ask what I can do to make it better.

I can make better choices. Next time I will:

Ask an adult for help.	Take some deep breaths.	Keep my hands and feet to myself.	Try my best to do my work.
Follow directions.	Use kind words.	Stay where I am supposed to.	Listen

This is why I want to make better choices:

People will want to be around me.	I will be proud of myself.	I will learn more.	Everyone will be safer.

Reflection Sheet

Rosalie
PRIMARY SCHOOL

Name:_____   Date: _____

What happened? Which choice did you make?

❏ I used mean words
❏ I hit, kicked, pushed, pinched, tripped, or scratched someone
❏ I took something that didn't belong to me
❏ I damaged someone else's property
❏ I refused to follow an adult's directions
❏ I used school equipment inappropriately
❏ I left my area without permission
❏ Other: _____

MY CHOICE

How were you feeling BEFORE you made the choice?

❏ Sad
❏ Angry
❏ Jealous
❏ Disappointed
❏ Lonely/Left Out

❏ Worried/Nervous
❏ Embarrassed
❏ Ashamed/Guilty
❏ Other: _____

What did you hope to achieve with your choice?

❏ To get revenge
❏ To feel happier
❏ To not do my work
❏ To get away from someone
❏ To have something
❏ To have fun
❏ For someone to like me or include me

❏ To have control or power over something/someone
❏ To have someone pay attention to me
❏ Other: _____

_____.

_____

REASONS FOR MY CHOICE

How do you feel now you have made the choice?

❑ Sad
❑ Angry
❑ Jealous
❑ Disappointed
❑ Lonely/Left Out

❑ Worried/Nervous
❑ Embarrassed
❑ Ashamed/Guilty
❑ Other: _____

How did your choice hurt you?

❑ I didn't learn as much
❑ I feel worse now
❑ People might not trust me as much now

❑ People might think I'm not kind
❑ Loss of a privilege
❑ Other: _____
_____

How did your choice hurt someone else?

❑ It hurt their feelings
❑ It hurt their body
❑ It damaged something that belongs to them

❑ They didn't get to learn as much
❑ They felt disrespected
❑ Other: _____
_____

What can you do to help make it better?

❑ Apologise
❑ Clean up the mess
❑ Complete my work

❑ Ask what I can do to help make it better
❑ Other: _____
_____

What will you do differently next time?

❑ Ask an adult for help
❑ Take some deep breaths or do something else to calm myself down

❑ Focus on completing my work
❑ Think before I speak
❑ Other: _____
_____

What will happen if you make a better choice next time?

❑ I will be proud of myself.
❑ I will learn more
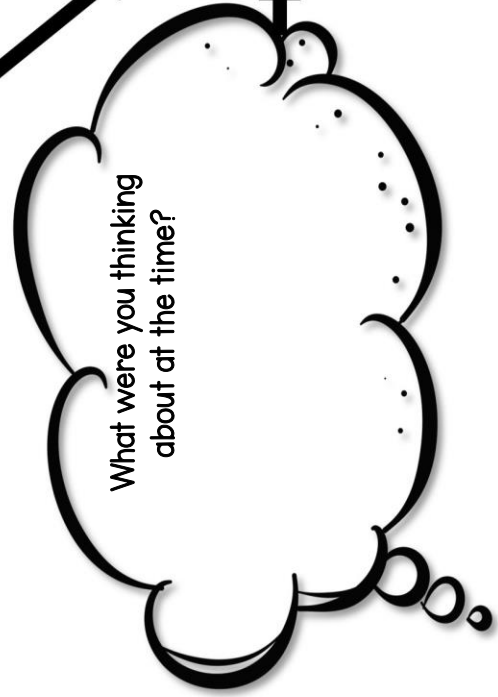
❑ People will want to be around me
❑ Other: _____

Reflection Sheet

Rosalie PRIMARY SCHOOL

Name: _____

Date: _____

REASONS FOR MY CHOICE

How were you feeling BEFORE you made your choice?

What were you thinking about at the time?

What did you hope to achieve with your choice?

WHAT HAPPENED? WHICH CHOICE DID YOU MAKE?

CONSEQUENCES OF MY CHOICE

How are you feeling now you have made that choice?

How did your actions affect _others_?

How did your actions affect _you_?

What could you do differently next time?

Next time, I can...

Why would a different choice have a better outcome?

I will make a better choice so that...

What are 2 ideas for ways you can resolve or repair this?

For example: clean up the mess you made, write a note of apology, return stolen items, etc.
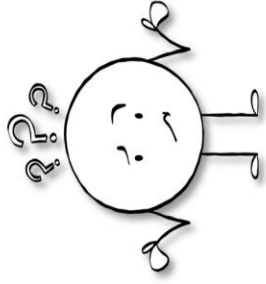
1. To make this problem better, I could...

2. Or I could...