CLASSROOM · 1ST–3RD GRADE · BEHAVIOR REFLECTION · 2 OF 5

Stop and Think

Take a deep breath first. Then answer each question as honestly as you can.



Name: _____ **Date:** _____

1. What happened?

2. I was feeling...

☐ angry ☐ sad ☐ worried ☐ left out ☐ tired ☐ silly ☐ frustrated

☐ other: _____

3. My choice affected...

☐ me ☐ a friend ☐ my class ☐ my teacher ☐ someone else

4. Next time I will...

5. To make it right, I can...

☐ say sorry ☐ help fix it ☐ write a note ☐ give them space

☐ ask a grown-up for help

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