

Gator BREAK



B Breathe

Take three deep breaths.
Focus your thoughts.

Practice your *mindful minute* strategies.

R Reflect

Think about what happened and what core value(s) might have been bruised and/or broken.



E Explain

What exactly happened?

What impact did your behavior have on others?



A Accept Responsibility

Take responsibility for your action(s).

How can you make this situation RIGHT?



K Know

Understand that YOU have the power to make a different choice next time. What is your plan to change?

