

It's Time to THINK...

Think about the consequences of your actions on others. Did you empty a bucket? Which of our core values may have been bruised or broken?



Student's Name: _____ Classroom Teacher: _____

B Breathe *Take three deep breaths. Focus your thoughts. Practice your mindful minute strategies.*

When I made this choice, I was not demonstrating that I am: (Circle all that apply.)

grateful respectful engaged aware trusted and kind

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

Why was this behavior not acceptable? _____

I think that those affected by my choice might feel: (Circle all that apply.)

angry lonely frustrated sad unsafe

How did I feel after my actions? _____

E Explain *What exactly happened? What impact did your behavior have on others?*

What happened? _____

When and where did it happen? _____

Who were the people affected? _____

WHY did it happen? _____

A Accept Responsibility *Take responsibility for your action(s). How can you make this situation RIGHT?*

To make things right, I will _____

My suggested consequence for this action might be: _____

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

Next time I am in this situation, I will _____

Referred by: _____ Date: _____

Student's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____