

It's Time to THINK...were you a bucket filler or a bucket spiller?



Student's Name: _____ Classroom Teacher: _____



B Breathe Take 3 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.

I made someone feel    



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

Draw a picture or write a sentence about what happened.



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

Draw a picture or write a sentence about what happened.



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

Draw a picture or write a sentence about what happened.

Referred by: _____ Date: _____
Student's Signature: _____ Date: _____
Parent's Signature: _____ Date: _____