











THINK SHEET

What happened?

What were you feeling at the time of the incident?

sad 	frustrated 	confused 	worried 	Angry 	other
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How did your behaviour make other people feel?

sad 	frustrated 	confused 	worried 	Angry 	other
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What could you do next time?

Use kind hands	Use kind feet	Use kind words	Walk away	Say 'I need space.'	Ask someone to 'Please stop.'
Follow directions	Say 'I don't understand.'	Talk to a member of staff	Take deep breaths	Ask for a break	Something else

What do you need to do to reconcile with others?

Say sorry	Write an apology note	Do something positive	Tidy up	Something else	
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Dear God,
 Thank you for loving me.
 Please help me to love others.
 Help me to make good choices when I am working in my classroom and playing with my friends.
 Amen