





# Behavior Reflection

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Hour: \_\_\_\_\_

1. This is the expectation I did not meet:

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2. I should follow this expectation because: (Write at least 20 words here.)

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3. This is what I could have done instead: (Write at least 20 words here.)

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## Think Sheet

What did you do?

Why was that a bad thing to do?

Who did you hurt?

What were you trying to accomplish?

Next time you have that goal, how will you meet it without hurting anybody?

# Think Sheet

Name: .....

I was not: Following Rules Being Respectful Being Safe Listening  
(Circle all that apply) Following Directions Being Cooperative Being Responsible Other:

And ..... describe what happened

I should have .....

Then .....

So from now on I .....

My Signature .....

Fixing Broken Rules

The rule I broke was

.....  
.....  
.....

I broke the rule because

.....  
.....  
.....

What should happen because I broke the rule?

.....  
.....  
.....

From now on I

.....  
.....

Here's my apology

.....  
.....  
.....  
.....  
.....  
.....

Signature \_\_\_\_\_  
Date \_\_\_\_\_

# Becoming A Problem Solver

Problem: Tell who, what, how and why it happened

.....  
.....  
.....  
.....

What was the result?

.....  
.....  
.....

How should I have solved the problem? List 2 better methods.

1. \_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

How could I have prevented the problem?

.....  
.....

What will I do from now on?

.....  
.....  
.....  
.....

My Signature \_\_\_\_\_

Behavior Improvement Form

Name \_\_\_\_\_ Date \_\_\_\_\_

Did you follow directions appropriately? Yes \_\_\_\_\_ No \_\_\_\_\_

What was your behavior? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What did you want? (put a check next to the appropriate statement)

\_\_\_\_\_ I wanted attention from others.

\_\_\_\_\_ I wanted to be in control.

\_\_\_\_\_ I wanted to avoid doing my homework.

\_\_\_\_\_ I wanted to cause problems because I am sad inside.

\_\_\_\_\_ I wanted to cause other problems because they don't like me.

\_\_\_\_\_ I wanted \_\_\_\_\_

Did you get what you wanted? Yes \_\_\_\_\_ No \_\_\_\_\_

What could you do differently? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Will you be able to return to class appropriately? Yes \_\_\_\_\_ No \_\_\_\_\_

Student Signature \_\_\_\_\_ Teacher Signature \_\_\_\_\_

# First Grade Recovery Time Think Sheet



1. I feel:

- sad
- alone
- angry
- foolish
- embarrassed
- silly

2. I chose to:

- be loud
- talk out of turn
- ignore direction
- sass
- argue

3. I could have:

- been more respectful
- been more responsible
- kept our classroom more safe

4. Do I need to apologize?

Yes

No





# 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Grade Think Sheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. What expectation did I not meet?

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2. Why was my behavior a problem? (Continue on back if needed.)

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3. What could I have done instead? (Continue on back if needed.)

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4. Do you need to apologize to anyone?  Yes  No  
Did I apologize?  Yes  No

To whom? \_\_\_\_\_

Student's Signature \_\_\_\_\_

Teacher's Signature \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_

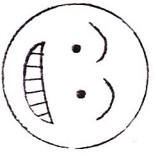
**Name** \_\_\_\_\_

**Kindergarten  
Recovery Time  
Think Sheet**

I am feeling:



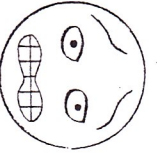
Angry



Happy



Guilty



Frightened



Sad



Embarrassed

I chose to:

I could have:

Did I apologize?

Yes

No

Do I need to apologize?

Yes

No

Student's Signature \_\_\_\_\_

Teacher's Signature \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_