

Name: _____

Date: _____

Thought → Feeling → Action

As a reflection, ask yourself how did you feel today and draw it on the character. Then, answer the two questions.



1 Step 1: What happened?

2 What was I thinking?

3 How did I feel? Scared, Nervous, Worried or, Other _____

4 What did I do?

3 Step 5: What can I do next time?

I can tell the truth by saying: “I made a mistake and I want to tell the truth.”

Affirmation: “Even when I feel scared, I can tell the truth.”