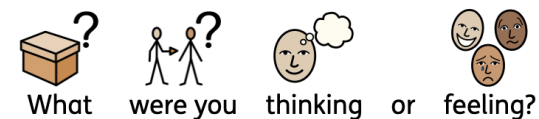
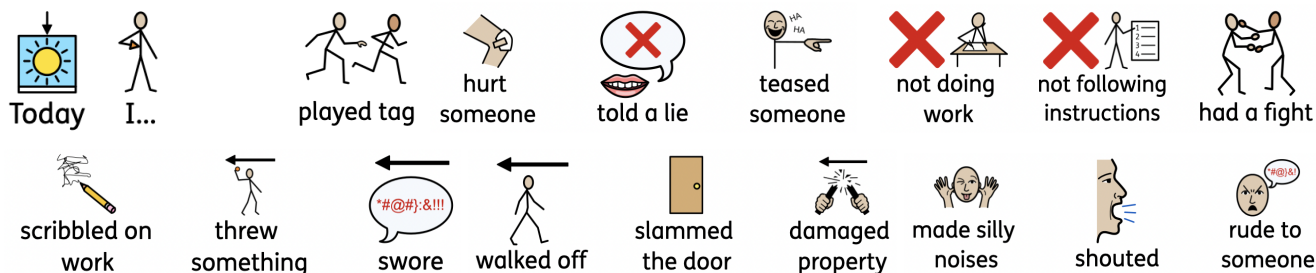


Time to reflect

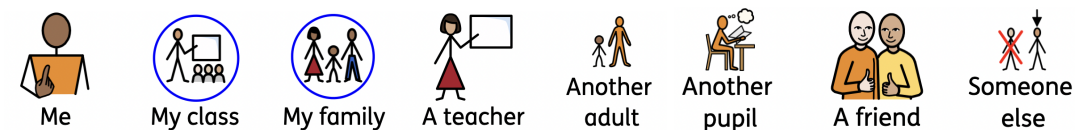
Write your name: _____

Date: _____













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Why _____













Time to reflect

 What
  needs
  to
  happen
  to
  put
  it
  right?

 take a break
  tidy up
  talk with someone
  say sorry
  fix something
  redo my work
  talk to the other person
  group chat
  think about the zones
  something else

 Next
  time
  I
  could...

 take a break
  walk away
  talk to an adult
  take deep breaths
  count to 10
  play with someone else
  sit next to someone else
  sensory activity
  think about the zones
  something else

Parent / carer comment:

Staff member: _____

Date: _____