

Time to reflect

Write your name: _____

Date: _____



Today



I...



played tag



hurt someone



told a lie



teased someone



not doing work



not following instructions



had a fight



scribbled on work



threw something



swore



walked off



slammed the door



damaged property



made silly noises



shouted



rude to someone



Which



school rules



did you



break?



What



were you



thinking



or feeling?



tired



bored



sad



sick



embarrassed



excited



frustrated



silly



worried



confused



happy



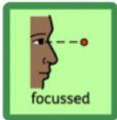
ready to learn



ok



calm



focussed



overwhelmed



scared



jealous



angry



confrontational



Why



were you



in



that



zone?



What



happened?