









Time to reflect





 Who has been affected?

- 
 Me
- 
 My class
- 
 My family
- 
 A teacher
- 
 Another adult
- 
 Another pupil
- 
 A friend
- 
 Someone else





















 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: _____