

Behavior Reflections

Reasons for
My Behavior

Name _____

Date _____

Description of
My Behavior

Consequences of
My Behavior

How do I feel?

How has my behavior
affected others?

Other Consequence(s)

Plan for Improvement

Student _____

Teacher _____

Parent _____

Adult Assisting: _____

Name: _____

Journal Date/Time: _____



I am upset because....





Who is involved: _____, _____, _____

Here is a picture:



[Large empty rectangular box for drawing a picture]

ME

(other person's name)

♥ I am feeling:

♥ They are probably feeling:

 This is what I want:

 This is what they probably want:



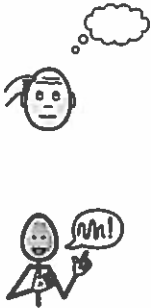
Name/Date: _____

Created by: Jill D. Kuzma, 3/07

Description of the Social Situation:

Everyone's Perspectives in the Social Situation:

Draw here.....



Solving the Problem:

What is the Problem?

What are my options to solve the Problem?

What would be the outcome?

What caused the Problem?

What is the best solution? Why?

WHO HAS CONTROL?



I have control over.....



The other person (s) has control over...

Adults have control over...



_____ 's Think Sheet



I can think about my choices and how they affect ME and others.

What I chose to do:

kick



hit



push



bite



talk or scream



run



not work



pinch



use unkind words



throw something



It made _____ feel:

happy



sad



mad



scared



frustrated



Next time I can choose to:

have SAFE feet



have SAFE hands



use kind words



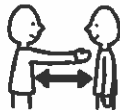
listen and not talk during instruction



ask for a calm break



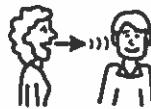
say "I need space."



ask someone to "Please stop."



follow directions



stay in my work area

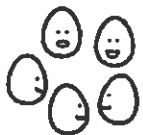


say, "I don't understand."



When I make a positive choice like that:

others will want to be with me



others will feel good around me



others want to play with me



people will know that I am kind



I will feel proud of myself



Self-Control

Bubbles

