

Reflection Book



broke something



scribbled on something



hurt an adult



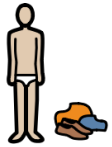
hurt a child



being unsafe



took my clothes off



What happened?



not being respectful



using bad language



being disruptive



not listening to instructions



threw something



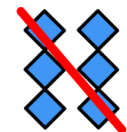
ran off



tore up work



something different



worried



fidgety



confused



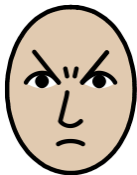
angry



sad



annoyed

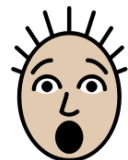


What were you thinking or feeling?

silly



scared



embarrassed



nervous



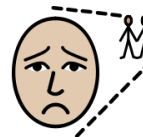
bored



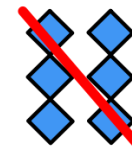
furious



lonely



something different



me



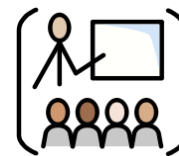
a friend



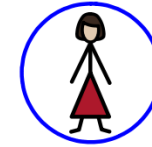
a teacher



my class



my mum



my dad



Who has been affected?



other children



my family



my sibling



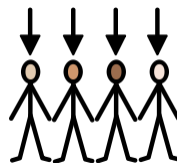
people in the community



animals



everyone



another adult



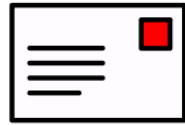
someone else



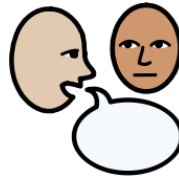
make a card



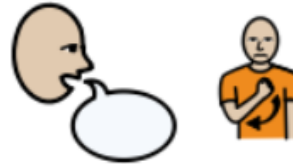
write a letter



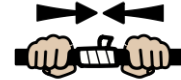
talk to someone



say sorry



fix something



have thinking time



What needs to happen to put things right?



tidy up



make a change



clean something



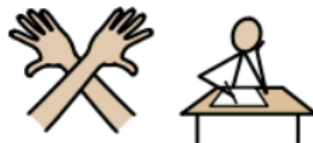
move my peg



practice



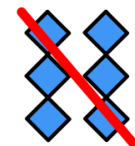
finish my work



hug



something different



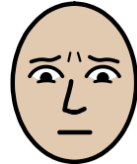
sad



sorry



guilty



annoyed



embarrassed



worried



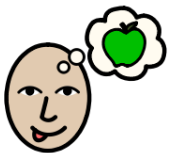
How do you feel now?



nervous



hungry



tired



unsure



calm



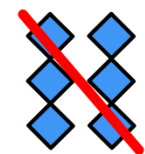
better



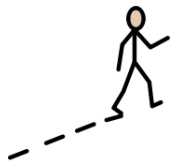
okay



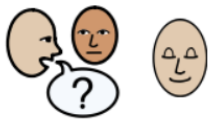
something different



move away



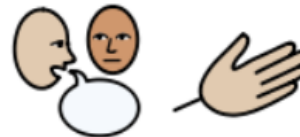
ask for a break



go to my calm space



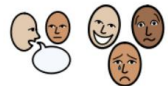
ask for help



use the calm down
box



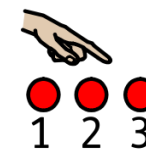
tell someone how I
feel



Next time I will...



count to 10



play with someone
else



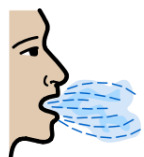
be respectful



make a good choice



take deep breaths



listen carefully



remember the rules



something different

