

Reflective Think Sheet

Name:

Date of Incident:

1. Describe the behavior or action you engaged in.
2. What were you thinking or feeling before you engaged in this behavior?
3. How did your behavior impact others around you?
4. How did your behavior align with the classroom/school rules or expectations?
5. Did your behavior help or hinder your own learning or the learning of others?
Explain why.
6. How do you think your behavior made you feel? How did it make others feel?
7. What could you have done differently to handle the situation more appropriately?
8. What consequences or negative outcomes resulted from your behavior?
9. How could you make amends or repair any harm caused by your behavior?
10. How will you prevent this behavior from happening again in the future?
11. What strategies or skills can you develop to manage your emotions or respond differently in similar situations?
12. How will you demonstrate responsibility and self-control moving forward?
13. What support or resources do you need to help you make positive changes in your behavior?
14. Reflect on the values or principles that you want to uphold in your interactions with others.
15. What lessons have you learned from this experience, and how can you apply them to future situations?