Please enjoy this complimentary excerpt from SEL From a Distance. This 'think sheet' for younger students teaches them to reflect on their behavior.

LEARN MORE about this title, including Features, Table of Contents and Reviews.
Reflecting

**TOOL 1: THINK SHEETS**

**Process:** With the whole class, small groups, or individual students, teach students how to reflect by using these questions as a guide. Have students individually complete the Think Sheet first, and then walk them through each prompt. You can also have students use the Think Sheets to practice with each other.

<table>
<thead>
<tr>
<th>Think Sheet</th>
</tr>
</thead>
<tbody>
<tr>
<td>What did you do?</td>
</tr>
</tbody>
</table>

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Why was that behavior inappropriate?</td>
</tr>
</tbody>
</table>

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Who did you hurt?</td>
</tr>
</tbody>
</table>

(Continued)
What were you trying to accomplish?

Next time you have that goal, how will you meet it without hurting anybody?

How will you ask for help?
Think Sheet for Younger Students

I was feeling...

SAD  SILLY  MAD  EMBARRASSED  AFRAID/WORRIED  BOSSY

I wanted...

___ attention  ___ to have fun  ___ to get my own way  ___ to be left alone

___ someone to listen to me  ___ I was already mad  ___ other ______

I hurt _________________________’s  ___ body  ___ feelings

___ friendships/reputation  ___ property  when I _____________________

____________________________________________________________________

____________________________________________________________________

I could have _________________________________________________________

____________________________________________________________________

____________________________________________________________________

Student Signature ____________________________________________________

Parent Signature ____________________________ Date_______________________

Images source: istock.com/ctermit.

Tip: DocuSign or other electronic signature methods can be utilized for this form.

Copyright © 2021 by Corwin Press, Inc. All rights reserved.