



# Think Sheet

**I was not:**

Following Rules

Following Directions

Being Safe

Being Kind

Being Good

Other: \_\_\_\_\_

**And I** \_\_\_\_\_

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**Next time I will:** \_\_\_\_\_

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**Here is my apology:** \_\_\_\_\_

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**My Signature:** \_\_\_\_\_



# \_\_\_\_\_ '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



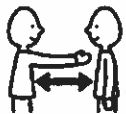
listen and not talk during instruction



ask for a calm break



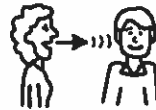
say "I need space."



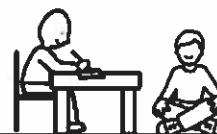
ask someone to "Please stop."



follow directions



stay in my work area

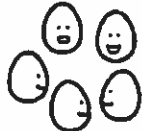


say, "I don't understand."



## 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



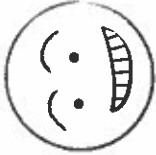
Name \_\_\_\_\_

Kindergarten  
Recovery Time  
Think Sheet

I am feeling:



Angry



Happy



Guilty



Frightened



Sad



Embarrassed

I chose to:

I could have:

Did I apologize?

Yes

No

Do I need to apologize?

Yes

No

Student's Signature \_\_\_\_\_

Teacher's Signature \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_

# Becoming A Problem Solver

Problem: Tell who, what, how and why it happened

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What was the result?

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How should I have solved the problem? List 2 better methods.

1. 

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2. 

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How could I have prevented the problem?

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What will I do from now on?

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My Signature \_\_\_\_\_