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

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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.

Think Sheet
What did you do?
Why was that behavior inappropriate?
Who did you hurt?

(Continued)

(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?

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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 _____

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