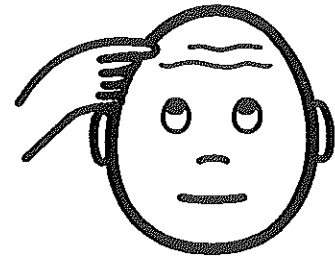




Calm Down Reflection



It is important to stop and think about my actions

How are you feeling?

tired



sad



excited



frustrated



embarrassed



scared



What did you do?

scream



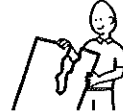
bully others



throw things



destroy work



refuse to work



not listen



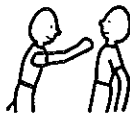
bit someone



kick



hit others



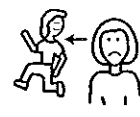
make a mess



push someone



run away



What will you do next time?

ask for help



use nice hands



clean up



listen



work



ask for a break



Signature: _____

Date: _____