

## **Student Reflection Sheet**

We are safe. We are kind. We are Coe (responsible and respectful).

Name:	Date:
What happened? Draw or Write.	
How do YOU fool?	How doos the other person (neeple feel?
How do <u>YOU</u> feel?	How does the <u>other person/people</u> feel?
scared shocked shocked annoyed worried annoyed annoyed	scared stressed shocked angry angry worried annoved an
disgusted dissapointed lonely sad bored depressed miserable exhausted tired calm tired sleepy thoughtful comfortable	disgusted dissapointed lonely sad bored bored calm chill blessed calm chill blessed calm chill blessed calm chill chill blessed carefree chill blessed carefree comfortable
What can you do to make things better	?
	Show an act of kindness.
Redo C	Your own idea? –

Next time I feel the same way I can try _	instead. Draw or write.	
My tools for seeing my best self and problem-solving.		
META-MOMENT  SENSE Notice a change in your body or mera	Coe Elementary School's Wheel of Choice APOLOGIZE HANDS AND TAKE TURNS GO TO NOTHER CO COUNT TO TEN TO TO TEN TO TELL HAM	
2 PAUSE War to respond. Breathe to thirsk more clearly.		
3 SEE YOUR BEST SELF Imagine your best self in the situation.		
STRATEGIZE & ACT There of a strategy, and try it out.	If what you tried doesn't work, ask an adult for help.	
Is there any help you need from an adult at school?		
Help me practice the words or tools I can use when I feel		
Remind me of my problem-solving strategies.		
Practice calming strategies.		
Check in with me before		
Something else?		