



Student Reflection Sheet

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

Name:	Date:
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What happened? Draw or Write.

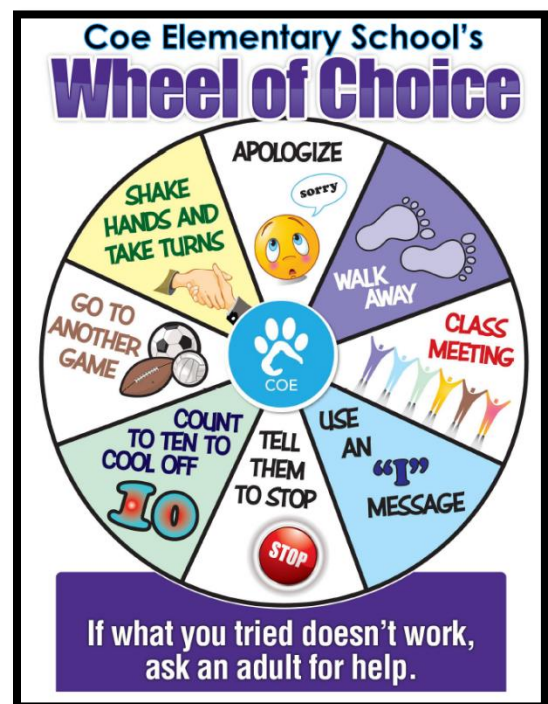
<p>How do <u>YOU</u> feel?</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; background-color: #ff0000; color: white; padding: 5px;"> <p>stressed</p> </div> <div style="width: 50%; background-color: #ffff00; padding: 5px;"> <p>surprised</p> </div> </div> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; background-color: #0000ff; color: white; padding: 5px;"> <p>disgusted</p> </div> <div style="width: 50%; background-color: #00ff00; padding: 5px;"> <p>grateful</p> </div> </div>	<p>How does the <u>other person/people</u> feel?</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; background-color: #ff0000; color: white; padding: 5px;"> <p>stressed</p> </div> <div style="width: 50%; background-color: #ffff00; padding: 5px;"> <p>surprised</p> </div> </div> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; background-color: #0000ff; color: white; padding: 5px;"> <p>disgusted</p> </div> <div style="width: 50%; background-color: #00ff00; padding: 5px;"> <p>grateful</p> </div> </div>
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What can you do to make things better?

<p>Apologize </p> <p>Redo </p>	<p>Show an act of kindness. </p> <p>Your own idea? </p>
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Next time I feel the same way I can try _____ instead. Draw or write.

My tools for seeing my best self and problem-solving.



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?

