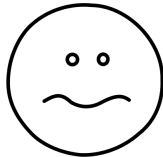


THINK SHEET

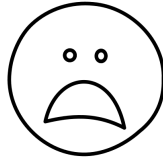
How were you feeling?



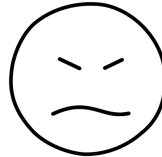
Sad



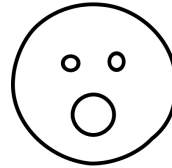
Confused



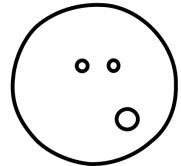
Worried



Angry



Frustrated



Bored

What happened?

What did you want?

- Attention To cause a problem Control To get out of work
 To get your way To get even/revenge _____

How did your behaviour make the other person feel?

- Worried Sad Unsafe Confused Angry Frustrated

What coping behaviour could you have used?

- Take deep breaths Move somewhere else Think calm thoughts
 Ignore Talk to an adult Do something else Chill - Take a break

What do you need to do to correct the problem?

- Apologize (say sorry) Clean up Complete work Forget about it
 Make a plan Problem solve Do something nice _____

What have I learned from this situation?
