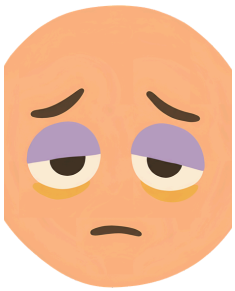
Reflect & Reset

Draw or write what happened:

How were you feeling?

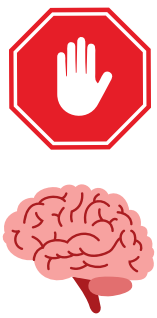

Frustrated/silly


Calm/happy


Sad/tired

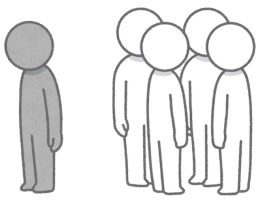

Angry

What was the impact of your choice?


Stopped myself or others learning.


Somebody got hurt.


Made myself or others feel sad.


Somebody felt left out.

What can you do next? (e.g. say sorry, write a note, complete work)

What will you do differently next time?