

I Need to Think About My Actions!

Name:

Date:

What happened?

Argue

Hit

Kick

Shove

Bully

Other



How Am I Feeling?



sad



angry



happy



worried



sorry

I behaved this way because I wanted to:

get attention

not be bored

get back at somebody

make a friend

get angry

other: _____

I apologized: yes no

What could I have done differently?
