

I Need to Think About My Actions!

Name: _____

Date: _____

What happened?

Argue



Hit



Kick



Shove



Bully



Other

If other, describe what happened: _____

How Am I Feeling?



sad



angry



happy



worried

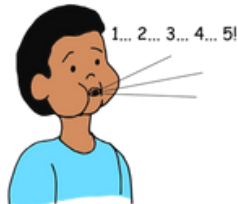


sorry

Next time I can....



Ask an adult for help



Breathe deep to calm down



Take a break



Draw a picture

Other ways that you can calm down: _____