

BEHAVIOR · GRADES 2–6

Behavior Reflection

Think it through

How to use

Give to a child after a behavior incident — once they're calm, not in the heat of the moment. They fill it in privately, then bring it to you for a 5-minute conversation. This is NOT a punishment sheet. It's a reflection tool. Frame it as: 'I want you to have time to think about what happened. We'll talk about it after.' For older or quieter children, writing is often easier than talking face-to-face. For neurodivergent children especially, this can be a kinder format than a verbal conversation.

1. What happened?

Write down what happened. Be honest. This isn't a test — there are no points for getting it 'right.'



2. What were you thinking and feeling at the time?

What was going through your mind when this happened? What were you feeling? (Examples: angry, embarrassed, scared, frustrated, left out, jealous, just bored.)

3. Who was affected? How?

Think about everyone who was around. Who was affected by what happened? How might they be feeling? (Be specific — name people if you can.)

4. What do you think now?

Now you've had some time to think — what do you think about what happened? Has your thinking changed since it happened?



5. What needs to happen to make things better?

What could help make this better? An apology? Talking to someone? Replacing something that got broken? Doing something differently next time?

6. What will you do differently next time?

If you found yourself in a similar situation again, what could you do differently? Be specific. (Not 'I won't do it again' but 'I will walk away,' 'I will tell a teacher,' 'I will take a deep breath.')

After the reflection

When the child returns the sheet: 1. SIT DOWN, level with them. Not towering. 2. READ what they wrote. Don't skim. 3. ASK ABOUT IT. 'You wrote that you felt embarrassed. Tell me more.' Listen. 4. AGREE NEXT STEPS. What's actually going to happen now? Who needs to be involved (apology, repair)? 5. END WITH RECONNECTION. 'Today is a fresh start. We're OK.' Don't carry the incident into tomorrow.

