

REFLECT AND REPAIR SHEET

This sheet should be used as outlined in our behaviour policy to assist in the process of reflection and repair. It must be completed through a conversation with the child. The adult leading the conversation will scribe. The child be given opportunity to calm before the conversation – use the blue boxes to plan this time together.

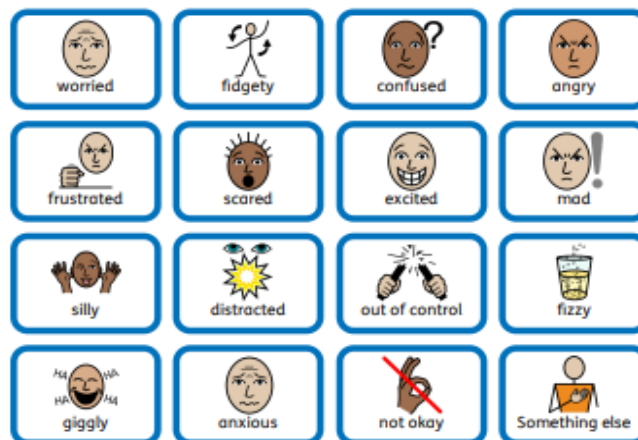
Name:	Class	Date:
Now ...we will reflect and repair (when ready co-regulate first). We can have breaks if they are needed.	Next (adult to choose transition activity)...until this is an opportunity to do an activity to further calm. For example: sorting, walking, listening to calming music.	Then once you are feeling calm you can go back to your learning in the classroom.

REFLECT

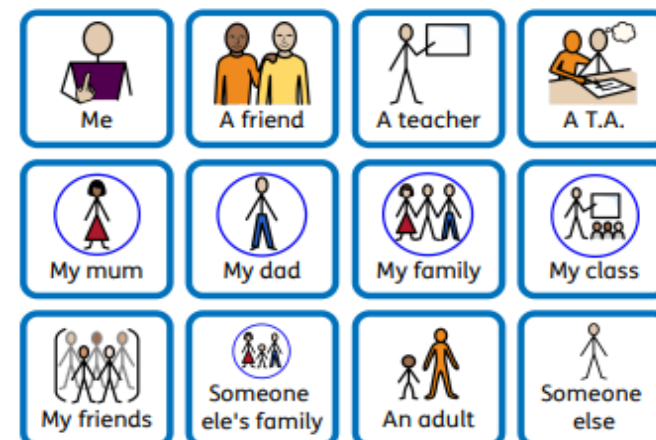
What happened?
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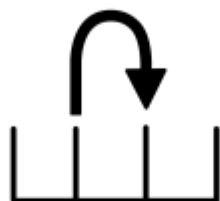
What were you thinking or feeling?



Who has been affected?



Next time I could ...



What are you thinking or feeling now?



What needs to happen to put it right?



 Talk to a teacher	 Ask for a brain break	 Fiddle with something	 Count to 10
 Talk to someone	 Take deep breaths	 Play with someone else	 Sit next to someone else
 Go for a walk	 Make a change	 Think about the zones	 Something else

 sad	 sorry	 guilty	 ashamed
 unsure	 scared	 okay	 tired
 calm	 better	 fizzy	 something else

 write it down	 write a letter	 talk with someone	 say sorry to someone
 time to reflect	 draw	 fix something	 make a plan
 make a change	 zones toolkit	 tidy up	 something else

Which core values do you need to think about or show?

Responsibility: make good choices because your actions matter	Respect: value everyone and everything in how you listen, speak and in what you do	Compassion: show care and understanding for everyone	Courage: be brave; believe you can
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How could the Zones of Regulation help?



Refer back to Now, Next and Then at the top as a reminder.

Signature (adult):