

Think Sheet

Name:

Date of Incident:

1. What rule did you break?
2. Why do you think that rule is important?
3. How did your actions affect others?
4. How did your actions make you feel?
5. What other choices could you have made instead?
6. What could you have done differently to follow the rule?
7. How do you think others felt because of your actions?
8. How do you plan to make things right?
9. What have you learned from this experience?
10. How will you prevent this from happening again in the future?
11. How can you show that you have learned from this mistake?
12. How will you make amends or apologize to anyone affected by your actions?
13. What strategies can you use to help you remember and follow the rule next time?
14. Who can you talk to or ask for help if you're unsure about following a rule?
15. How do you think following the rule contributes to a positive and safe environment?