



Powerstown Educate Together National School

Behaviour Reflection Sheet 2022

Name: _____

Date: _____

I have the strength of _____

kindness	hard working	listening	asking for help	sense of humour
solving problems	You have the Strengths of...			creativity
Staying focussed				mindfulness
flexible thinking	helping others	ZONES of REGULATION using the zones	friendliness	something else

I know I have the values of working hard and being kind. However, I made a choice to do something that means I need to stop and think about the following things.

1. What happened? _____

2. What were you thinking / feeling at the time? _____

3. Who was affected? _____ and in what way? _____

4. How do you think he/she felt when this happened? _____

5. What can we do to make the relationship right again? I learned _____

next time _____
6. **One more thing, we have to make sure you complete the work you missed**
7. What Went Well in This conversation? _____

Child's signature

Teacher signature

Parent signature



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I know I have the values of working hard and being kind. However, I made a choice to do something that means I need to stop and think about the following things.

What happened?	
What were you thinking / feeling at the time?	
Who was affected? And in what way?	
How to you think _____ felt when this happened?	
What can we do to make the relationship right again? I learned... next time...	

One more thing, we have to make sure you complete the work you missed

What went Well in this conversation

The ZONES of Regulation



Child's signature

Teacher signature

Parent signature
