













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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 made silly noises	 shouted at someone	 rude to someone	 walked off
 scribbled on work	 threw something	 tore something	 broke something
 swore at someone	 hurt someone	 made a mess	 something else


What were you thinking or feeling?

 worried	 fidgety	 confused	 angry
 frustrated	 scared	 excited	 mad
 silly	 distracted	 out of control	 fizzy
 giggly	 anxious	 not okay	 Something else


Who has been affected?

 Me	 A friend	 A teacher	 A T.A.
 My mum	 My dad	 My family	 My class
 My friends	 Someone else's family	 An adult	 Someone else

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?

<p>Responsibility: make good choices because your actions matter</p>	<p>Respect: value everyone and everything in how you listen, speak and in what you do</p>	<p>Compassion: show care and understanding for everyone</p>	<p>Courage: be brave; believe you can</p>
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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):