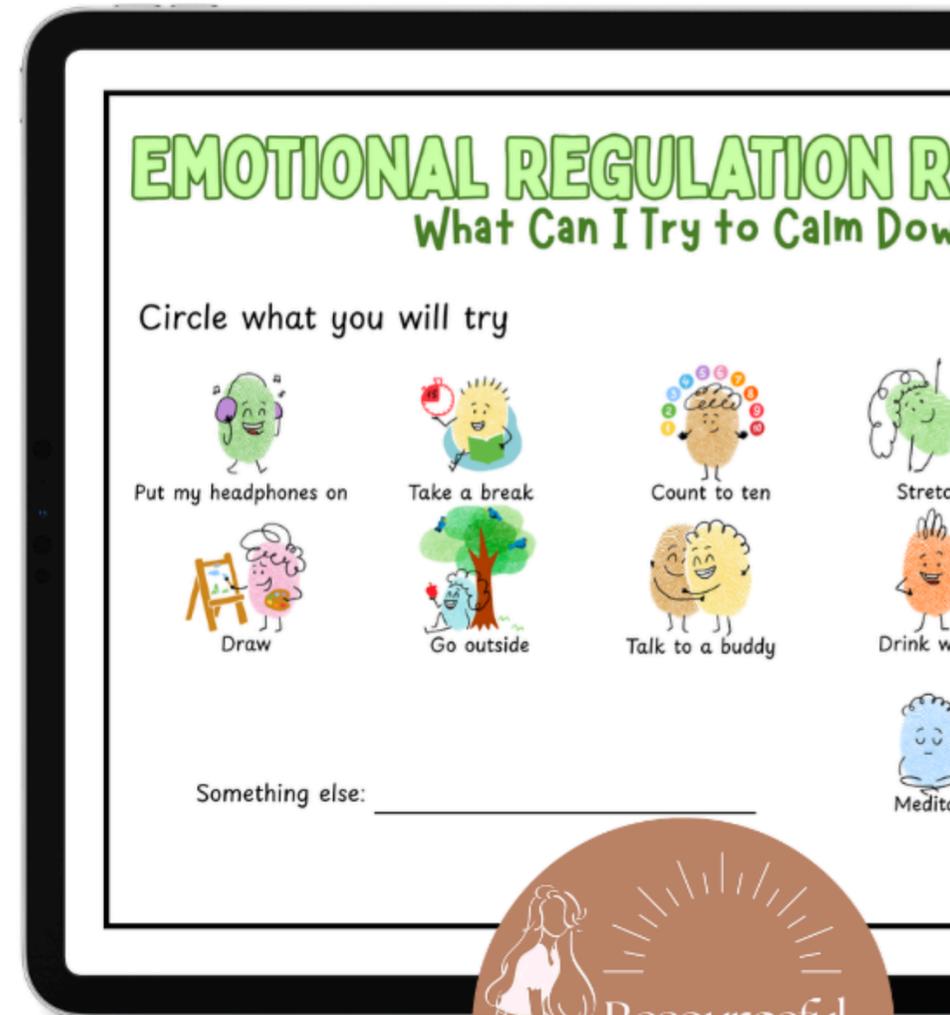
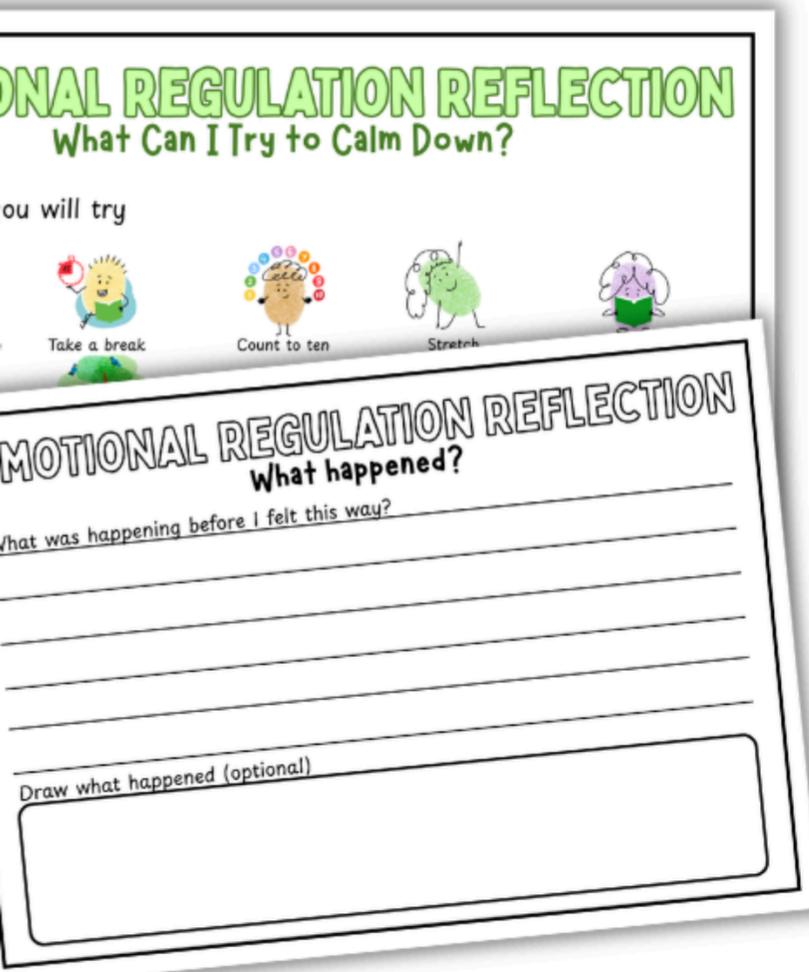


BEHAVIOUR REFLECTION

worksheets and slides

Emotional Regulation Activities / Behaviour reflection sheets



Keep scrolling to see
what's included!

Lower and upper primary versions



ARE YOUR STUDENTS STRUGGLING WITH EMOTIONAL REGULATION AFTER AN INCIDENT?



Engage your students with behaviour reflection worksheets that don't feel punitive



Print and go reflection sheets or use the interactive powerpoint



Reflection tools designed to calm big feelings and build lasting skills.



CONTENTS

-  Black and white versions for easy printing
-  Different versions for upper and lower primary
-  Comes in a PDF format and interactive slides
-  Print as worksheets, task cards or posters

INTERACTIVE SLIDES



Drag and drop, text box features



HOW IT WORKS

Incident happens

Students understand how they're feeling right now

EMOTIONAL REGULATION REFLECTION
How am I feeling right now?

Circle or colour the feeling that matches you

Very upset Happy

I chose this feeling because...

Resourceful Learners ©

Details of the incident

EMOTIONAL REGULATION REFLECTION
What happened?

What was happening before I felt this way?

Draw what happened (optional)

Resourceful Learners ©

How can they regulate?

EMOTIONAL REGULATION REFLECTION
What Can I Try to Calm Down?

Circle what you will try

Put my headphones on	Take a break	Count to ten	Stretch	Read a book
Draw	Go outside	Talk to a buddy	Drink water	fidget Spinner
Something else: _____			Meditate	Calming corner

Resourceful Learners ©

EMOTIONAL REGULATION REFLECTION
How Do I Feel Now?

Circle one:

Still upset The Same Better

I feel this way now because...

Resourceful Learners ©

reflection after regulation strategies

EMOTIONAL REGULATION REFLECTION
Next time, I can...

Next time I feel this way, I can...

Remove myself Take deep breaths Ask for help

Resourceful Learners ©

what to do if they're in that situation again

TEACHER REFLECTION

Student's Name: _____

What support was needed?
 None Prompt One-on-one

Was the student able to regulate?
 Yes With support Not yet

Follow-up required?
 No Yes (notes below)

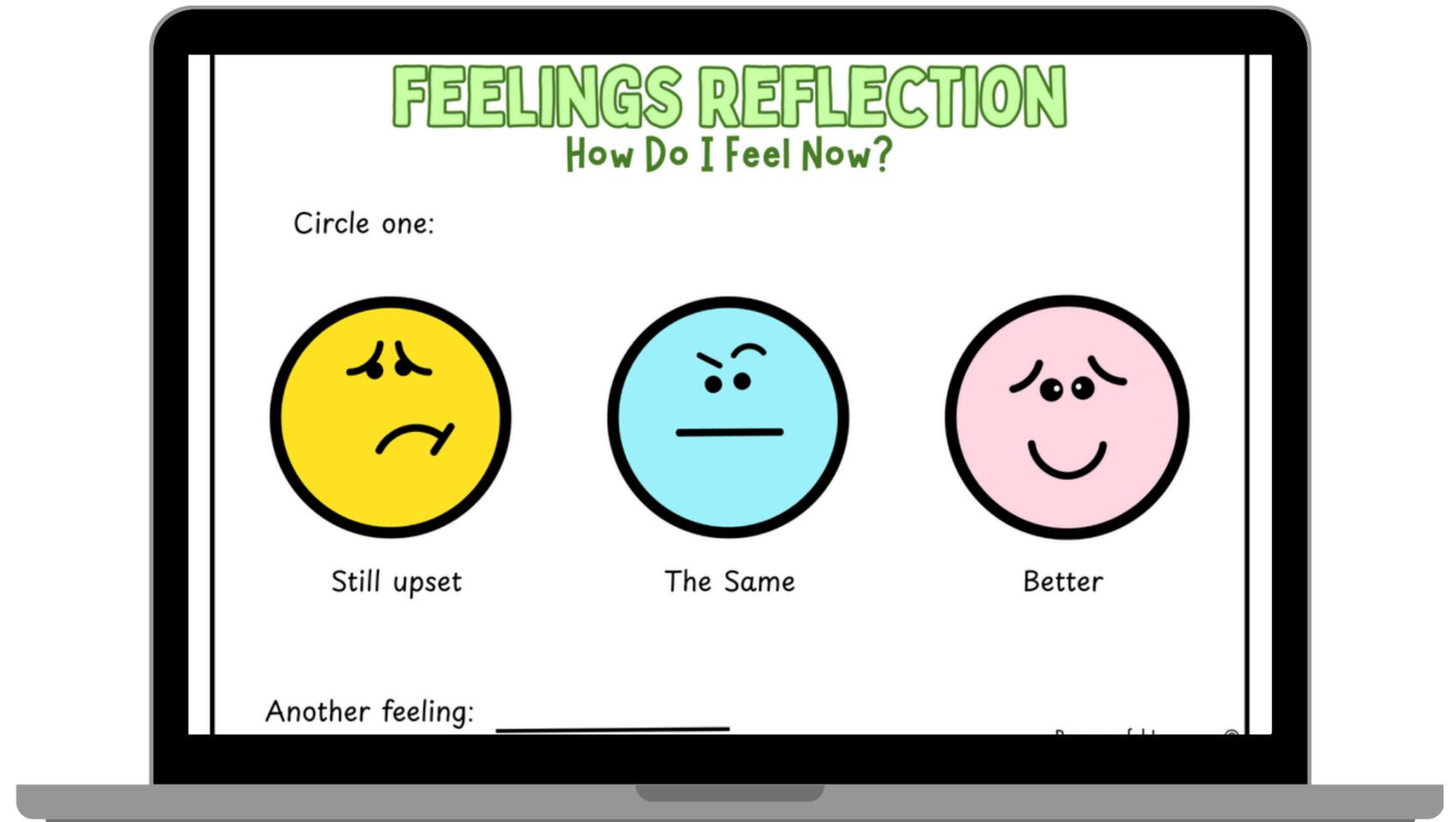
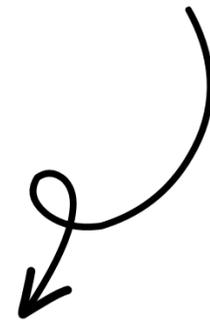
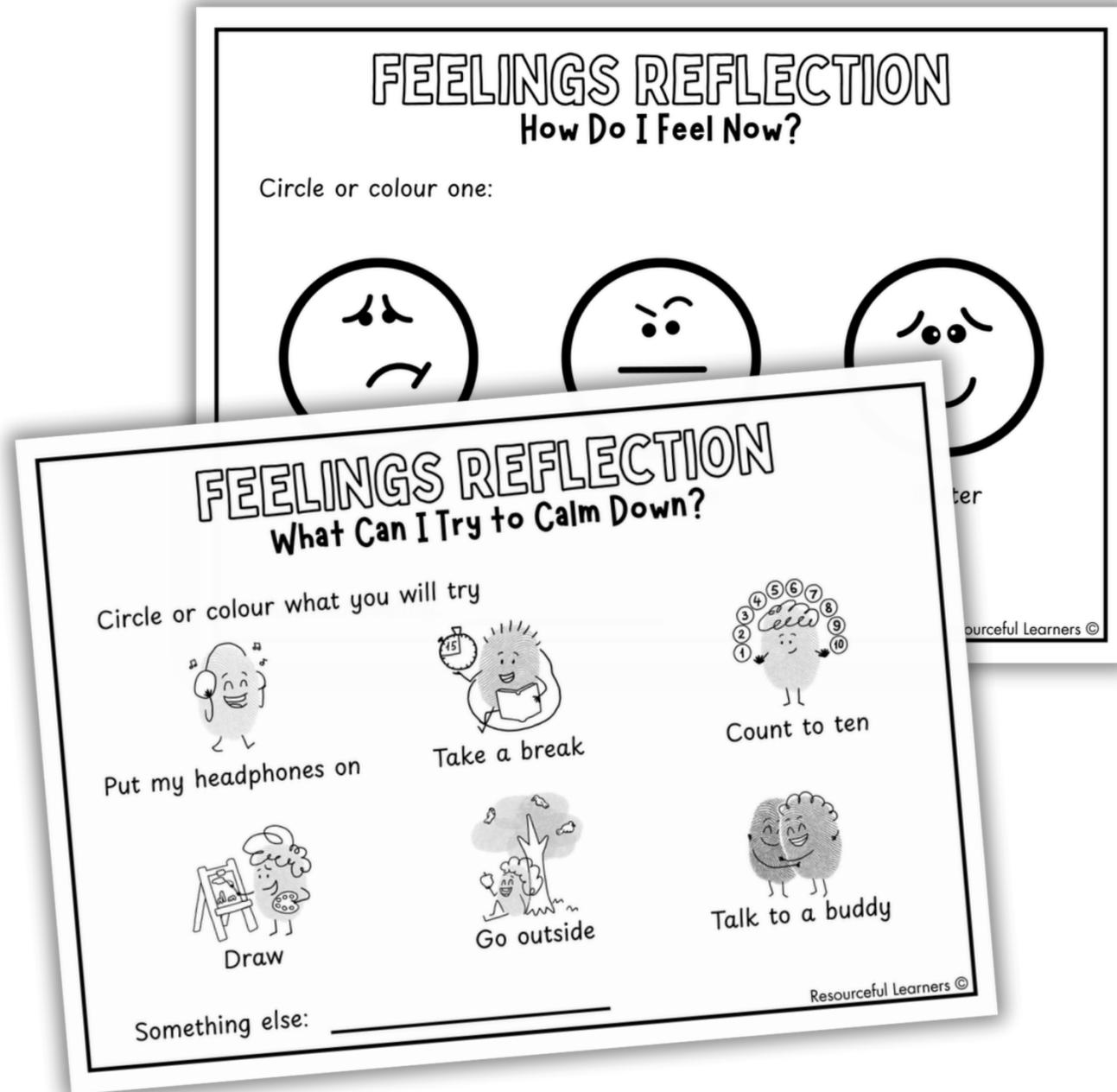
Resourceful Learners ©

Teacher follow up

DO IT YOUR WAY!

Print and go!

Go digital!



your name

Includes all these and more!

EMOTIONAL REGULATION REFLECTION

How am I feeling right now?

Circle or colour the feeling that matches you



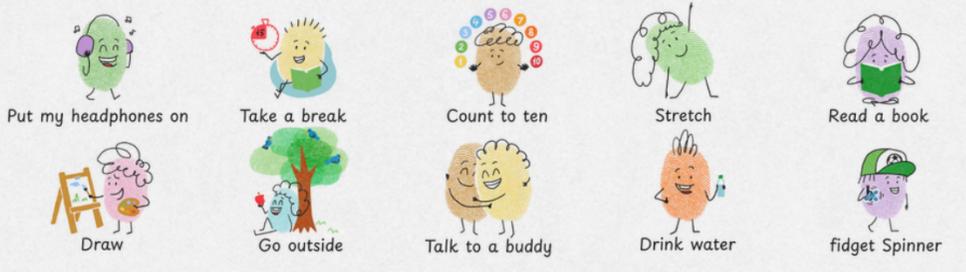
Very upset Happy

I chose this feeling because...

EMOTIONAL REGULATION REFLECTION

What Can I Try to Calm Down?

Circle what you will try



Put my headphones on Take a break Count to ten Stretch Read a book

Draw Go outside Talk to a buddy Drink water fidget Spinner

Something else: _____

Meditate Calming corner

EMOTIONAL REGULATION REFLECTION

What happened?

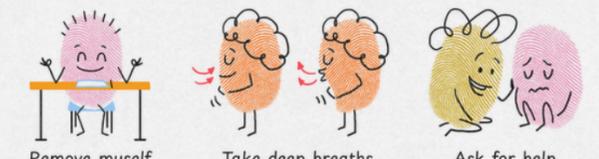
What was happening before I felt this way?

Draw what happened (optional)

EMOTIONAL REGULATION REFLECTION

Next time, I can...

Next time I feel this way, I can...



Remove myself Take deep breaths Ask for help