



# Change Your Weather

## Behavior Reflection Sheet

Name: \_\_\_\_\_  
Class: \_\_\_\_\_

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

Take a moment to change your weather by reflecting on what happened.

**1. Situation**  
**What happened?**



Today I had trouble making the best choice:

I said something hurtful     I acted impulsively  
 I talked back to an adult     I did not follow directions

**2. Reflection**  
**What were my thoughts and/or feelings when it happened**



I chose to \_\_\_\_\_  
\_\_\_\_\_

**3. Resolution**

**How did my choice affect me? (Choose all that apply)**

I had to move my clip     I interrupted my own learning  
 I disappointed myself     I lost privileges     Other: \_\_\_\_\_



**How did my choice affect those around me? (Choose all that apply)**

I made a poor impression     I hurt someone's feelings  
 I hurt someone's body     I disrupted their learning  
 I disappointed my teacher/an adult     Other: \_\_\_\_\_

Did I apologize to anyone?  no     yes, to whom? \_\_\_\_\_

**4. Future Choice**  
**Next time, I will make a better choice**



Walk away.     Listen to instruction.     Get help from an adult.  
 Take a break and cool down.     Other: \_\_\_\_\_

Student Signature \_\_\_\_\_ Adult Signature \_\_\_\_\_

