



Pupil name: _____ Adult name: _____ Date: _____

BEFORE

What happened?

AFTER

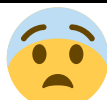
How was I feeling at this time?



angry



sad



embarrassed



worried



confused



frustrated



other

Who has been affected?

What will I do next time?

This behaviour is not acceptable because...

☐

It is not safe

☐

It is unkind

☐

It hurt someone

☐

It damaged property

☐

It disrupted learning

☐

Other _____

What can I do to make things better?