

Behavior Think Sheets

Made by:



Name _____

Date _____

Think Sheet

I chose to...



talk ☐



use bad words ☐



not work ☐



tantrum ☐



throw ☐



make a mess ☐



talk ☐



run ☐



be silly ☐



yell ☐



☐

My choice made me feel...



sad ☐



sad ☐



embarrassed ☐



scared ☐

Name _____

Date _____

Think Sheet

From my point of view, here is what happened:

This situation affected (check all that apply):

- | | | |
|----------------------------------|--------------------------------------|--|
| <input type="checkbox"/> me | <input type="checkbox"/> teacher | <input type="checkbox"/> other students |
| <input type="checkbox"/> parents | <input type="checkbox"/> principal | <input type="checkbox"/> assistant principal |
| <input type="checkbox"/> coach | <input type="checkbox"/> dean | <input type="checkbox"/> counselor |
| <input type="checkbox"/> police | <input type="checkbox"/> other _____ | |

This situation made me feel (check all that apply):

- | | | |
|--------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> angry | <input type="checkbox"/> upset | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> frustrated | <input type="checkbox"/> left out | <input type="checkbox"/> sad |
| <input type="checkbox"/> shy | <input type="checkbox"/> confused | <input type="checkbox"/> guilty |
| <input type="checkbox"/> scared | <input type="checkbox"/> hurt | <input type="checkbox"/> afraid |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | |

Versions for each age group!

Behavior Think Sheets

Thanks for purchasing this product!



One of the most difficult parts of working with students is helping them manage their behavior. Traditional discipline suspension and expulsions that has been found to be ineffective at changing behavior has left teachers and administrators feeling powerless as to how to deal with negative school behaviors.

With schools being required to use alternatives to detentions and suspensions more and more, one of the best ways to help students learn to exhibit appropriate behavior is to teach them to think about their actions and their effect on others.

These think sheets give students of any age a place to process through their own feelings about a situation, as well as to consider how their choices have affected other people like teachers, parents, other students, or principals. They're ready to go and are great for classroom use, in-school suspension rooms, or for small group or individual counseling sessions.

6 different 2-sided sheets are presented for grades PreK-K, K-1, 2-3, 4-5, 6-8, and 9-12. Sheets for 1st grade and under contain kid-friendly graphics to help non-readers learn positive behavior and appropriate ways to handle their anger.

Sheets that have graphics are presented in black and white for easy printing.



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Enjoy!



Credits

These awesome creators help make my products possible!



Name: _____

Date: _____

Think Sheet

I feel...



confused

☐☐

scared

☐

worried

☐

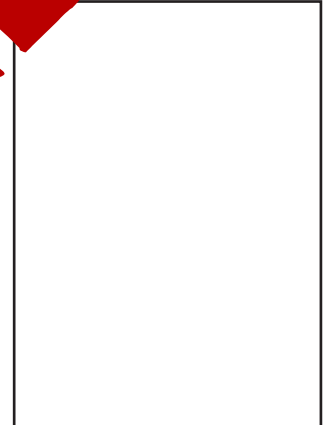
angry

☐

sad

☐

embarrassed

☐

☐

I can...



take deep breaths



stop and think



help a friend



take a walk



get clean



happy thoughts



listen to music



count to 10



do jumping jacks



talk to an adult



read a book



take a break



Name: _____

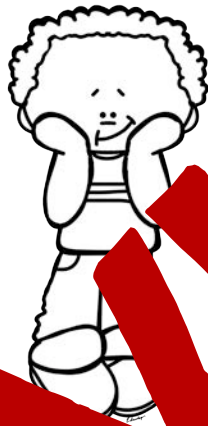
Date: _____

Think Sheet

I feel...



confused



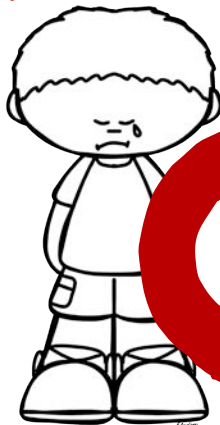
scared



worried



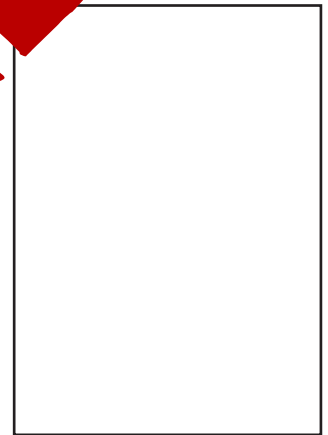
angry



sad



embarrassed



I can...



take deep breaths



stop and think



help a friend



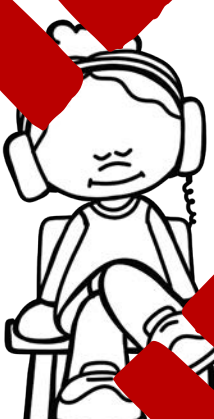
take a walk



get



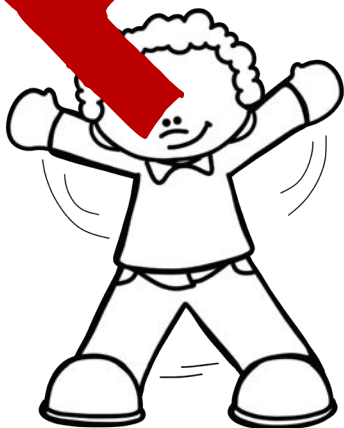
happy thoughts



listen to music



count to 10



do jumping jacks



talk to an adult



read a book



take a break



Name: _____

Date: _____

Think Sheet

I chose to...



kick

☐

use bad words

☐

not work

☐

tantrum

☐

throw

☐

make a mess

☐

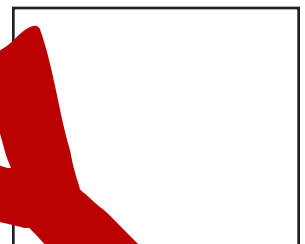
run

☐

be silly

☐

yell

☐☐

My choice made me feel...



angry

☐

sad

☐

embarrassed

☐

scared

☐

My choice affected (mark all that apply):



my teacher

☐

other kids

☐

my principal

☐

my teacher

☐

My choice made

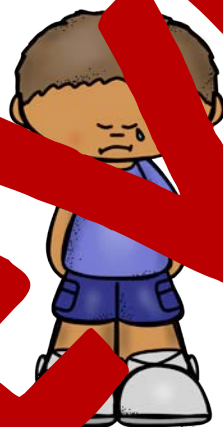
(other person's name)

feel:

(other person's name)



v

☐

sad

☐

embarrassed

☐

scared

☐

Name: _____

Date: _____

Think Sheet

I chose to...



kick

☐

use bad words

☐

not work

☐

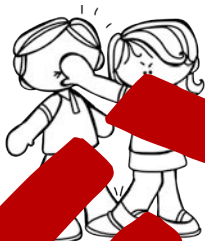
tantrum

☐

throw

☐

make a mess

☐

run

☐

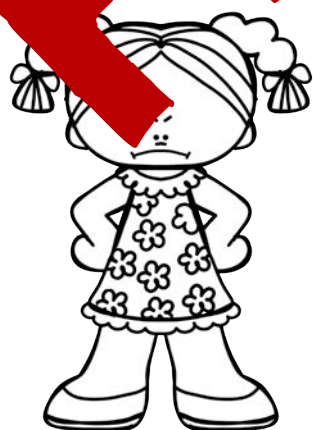
be silly

☐

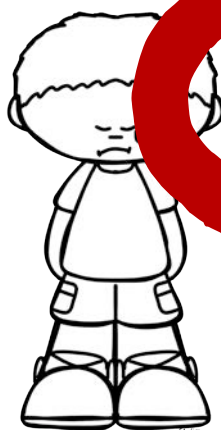
yell

☐☐

My choice made me feel...



angry

☐

sad

☐

embarrassed

☐

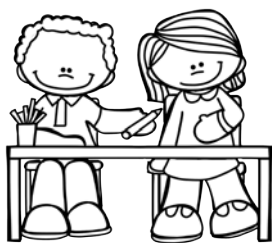
scared

☐

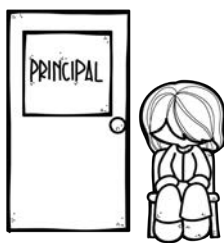
My choice affected (mark all that apply):



my teacher

☐

other kids

☐

my principal

☐

my parent

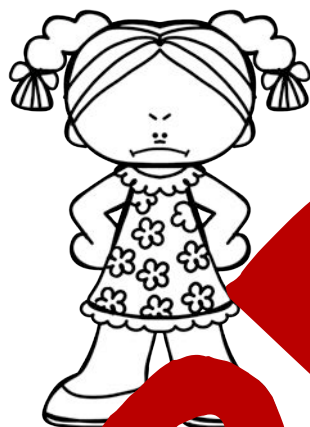
☐

My choice made

(other person's name)

feel:

(other person's name)



angry

☐

sad

☐

embarrassed

☐

scared

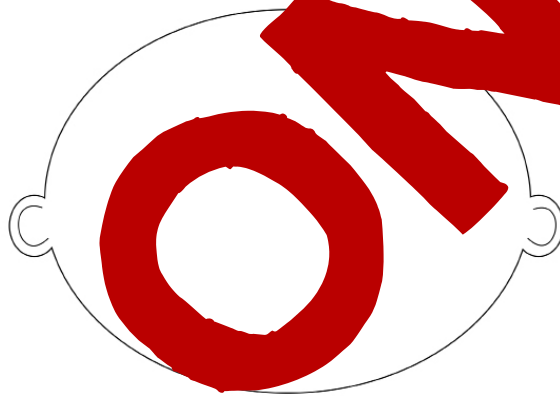
☐

Date: _____

I chose to _____.

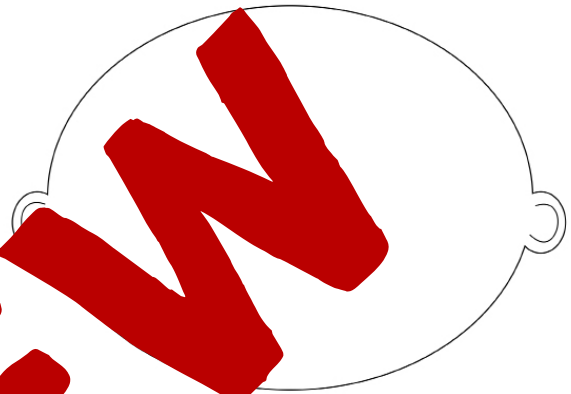
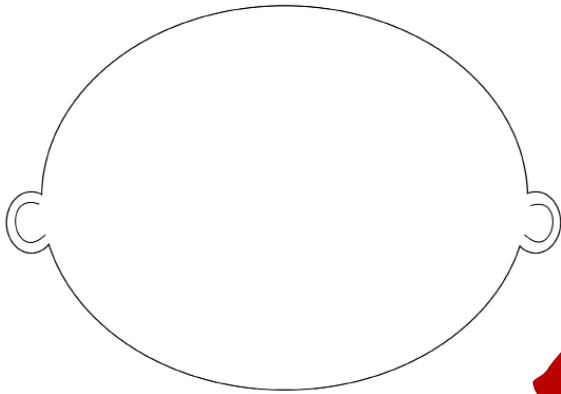
VIEW

This situation made no sense.



other:

My choice made _____ and _____ feel:
(other person's name) (other person's name)



Here is what happened as a result of my choice (fill in that apply):

_____ interrupted class _____ suspension
_____ hurt a friendship _____ time out _____ broke trust
_____ someone got hurt _____ other: _____

In the space below, describe what you will do differently next time.

PREVIEW ONLY

Name: _____

Date: _____

Think Sheet

Step 1: STOP! Don't do or say anything yet.



Step 2: List all your choices in the next column below.

Think about all the ways you could respond to the situation. It doesn't matter if it would make things better or worse.	Will it make things better or worse?

Step 3: In the second column, put an **X** by the choices that will make things worse and a **★** by the choices that will make things better.



Step 4: Choose your best option. In the box below, write what you are going to do:

I am going to _____.

Name: _____

Date: _____

Think Sheet

Step 1: STOP! STOP! Don't do or say anything yet.



Step 2: List all your choices in the chart below.

Think about all the ways you could respond to the situation. It doesn't matter if it would make things better or worse.	Will it make things better or worse?

Step 3: In the second column, put an **X** by the choices that will make things worse and a **★** by the choices that will make things better.



Step 4: Choose your best option. In the box below, write what you are going to do:

I am going to _____.

Name: _____

Date: _____

Think Sheet

From my point of view, here is what happened:

This situation affected me (check all that apply):

- | | | |
|---------------|--------------------|---------------------------|
| _____ me | _____ teacher | _____ other students |
| _____ parents | _____ principal | _____ assistant principal |
| _____ school | _____ dean | _____ counselor |
| _____ police | _____ other: _____ | |

This situation made me feel (check all that apply):

- | | | |
|------------------|--------------------|-------------------|
| _____ angry | _____ left out | _____ embarrassed |
| _____ frustrated | _____ confused | _____ sad |
| _____ betrayed | _____ hurt | _____ guilty |
| _____ annoyed | _____ other: _____ | _____ afraid |
| _____ nervous | | |

From another person's point of view, here is what happened:

This situation made them feel (circle all that apply)

_____ angry _____ upset _____ embarrassed
_____ frustrated _____ let out _____ sad
_____ betrayed _____ confused _____ guilty
_____ annoyed _____ hurt _____ afraid
_____ nervous _____ other: _____

Describe the consequences of this situation (circle all that apply)

_____ detention _____ suspension _____ police involvement
_____ lost a friendship _____ interrupted classes _____ broke someone's trust
_____ injuries _____ other: _____

My plan for making this situation better:

- 1) _____
- 2) _____
- 3) _____

Name: _____

Date: _____

Think Sheet

1) From your point of view, describe what happened.

2) Explain how you felt about the situation then and now afterwards.

3) Describe the people who were affected by the situation and how your choices impacted them. Do your actions have a negative or positive effect on them?

4) From another person's point of view, explain what happened.

5) Explain how the other person felt during the situation and afterwards..

6) What were the consequences of the situation? (punishments such as suspensions or getting grounded and natural consequences such as injuries or trust being broken)

7) From here, what can YOU do or say to make the situation better?
