



Name: _____

THINK SHEET

Circle how you were feeling:



MAD



EMBARRASSED



ANNOYED



TIRED



WORRIED



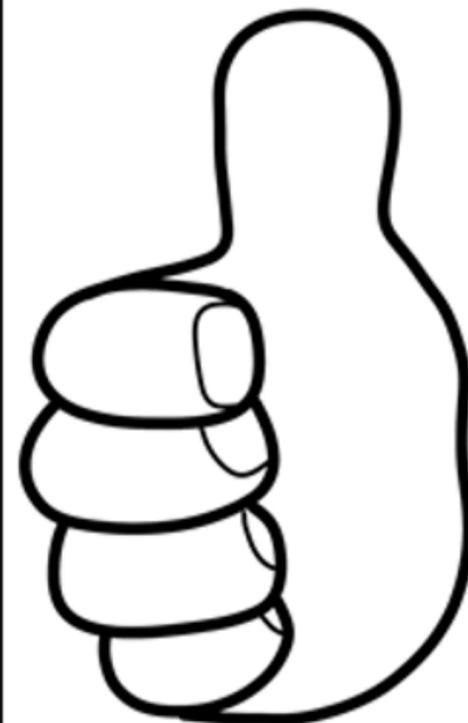
SCARED



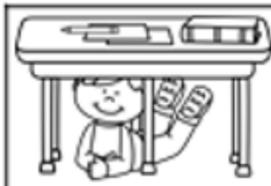
JEALOUS



SURPRISED



I chose to:



not be safe



push



yell



kick



run



hurt others



be un-kind

Next time I will:



breathe



take a break



use fidget



count



think



Be kind



talk calmly

Draw or write about how you made it better:

