

_____ 's Think Sheet



I can think about my choices and how they affect ME and others.

What I chose to do:

kick 	hit 	push 	bite 	talk or scream
run 	not work 	pinch 	use unkind words 	throw something

It made _____ feel:	_____	_____	_____	_____
happy	sad	mad	scared	frustrated

Next time I can choose to:				
have SAFE feet 	have SAFE hands 	use kind words 	listen and not talk during instruction 	ask for a calm break
say "I need space." 	ask someone to "Please stop." 	follow directions 	stay in my work area 	say, "I don't understand."

When I make a positive choice like that:

others will want to be with me 	others will feel good around me 	others want to play with me 	people will know that I am kind 	I will feel proud of myself
------------------------------------	-------------------------------------	---------------------------------	-------------------------------------	---------------------------------