

Reflection Sheets

Why should I do it:

- We learn from reflecting on experiences, good and bad. A Reflection Sheet is a very effective tool to use when a student is displaying unacceptable or acceptable behaviors and can be used in conjunction with the Class Rules. The sheets can be used to help correct undesired behaviors or, alternatively, to reinforce those students following the rules and exhibiting expected and desired behaviors.

When should I do it:

- When students are exhibiting unacceptable behaviors
- When students are not following school/class rules
- When students are on task, displaying appropriate behaviors, and following school/class rules

How do I do it:

- The student is told to go to the reflection center
- The teacher explains briefly to the student why they are being sent and what behaviors or rules they were breaking
- The student is withdrawn to reflect on his/her behavior and completes the Reflection Sheet, discussing it with the Teacher after it is completed
- A timer may be used
- Alternatives to writing may be drawing pictures, talking into a microphone and recording responses, or typing responses into computer
- A desk set apart from the other students may serve as a reflection center
- When sending a student who is exhibiting appropriate behaviors and is following the rules, the student may share with the class what behavior and expectation they were “caught” doing correctly. Additionally, these students may receive a small reward or a sticker toward a reward.