

## Why am I here?

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Subject: \_\_\_\_\_

Time: \_\_\_\_\_

What was happening before I started acting inappropriate?

1. Please describe the scene prior to the inappropriate behavior that may have affected your ability to learn.

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What behaviors did I show that were inappropriate?

2. Please describe the inappropriate behaviors you demonstrated during this time.

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What were the consequences for these behaviors?

3. Due to the inappropriate behaviors I showed how did this prevent myself, my peers, or any adults from learning in class.

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Why did I act this way?

4. Please assess and describe the reason that you displayed the inappropriate behaviors.

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What do you need to do to calm yourself and get back to class?

5. (list strategies)

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