

Backwards Mapping

Name: _____

Class and Date: _____

Do Now: List every detail about what happened in the 5 minutes before you saw the “Do Now” slide

Backwards Reflection: Start in the bottom-right corner (#6) and go backwards to draw and describe all the things that led to your Cup overflowing.

<p><u>1) Empty (or almost empty) Cup</u></p>	<p><u>2) (Somewhat Empty Cup)</u></p>	<p><u>3) (Somewhat Full Cup)</u></p>
<p><u>4) (Somewhat Full Cup)</u></p>	<p><u>5) (Full Cup)</u></p>	<p><u>6) (Overflowing Cup)</u></p>

Backwards Mapping

Backwards Mapping:

Draw a picture and describe the Coping Skills you could have used after each part of your Backwards Reflection to keep things from getting worse.

After #1:

After #2:

After #3:

After #4:

After #5:

After #6: