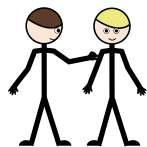


Name _____ Location: _____ Date _____ Time: _____

Think Seat Sheet

I had to leave my class because I did NOT:



Have a
Safe Body



Use Appropriate
Voice Level or
Kind Words



Follow
Directions

I was feeling:

BLUE ZONE		GREEN ZONE		YELLOW ZONE		RED ZONE	

I would be with my class if I used these strategies:

Deep Breaths	Calm Seat	Ask for Help	Talk to Teacher	Ignore	Other

I can make it better by:



Say Sorry



Clean Up



Do My Work



Other

Now I feel:

BLUE ZONE		GREEN ZONE		YELLOW ZONE		RED ZONE	

Student's Signature

Teacher's Signature

Parent/Guardian's Signature

Teacher/Parent Notes: