



## 6th-8th Restorative Reflection



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

<b>How are <i>you</i> feeling</b> right now and <b>why</b> ?	
<b>What happened?</b> (Check all that apply) <input type="checkbox"/> Inappropriate Language <input type="checkbox"/> Physical Contact <input type="checkbox"/> Defiance or Refusal <input type="checkbox"/> Disruption <input type="checkbox"/> Property Misuse  <input type="checkbox"/> Abusive or Hurtful Language <input type="checkbox"/> Physical Aggression <input type="checkbox"/> Defiance or Disrespect <input type="checkbox"/> Harassment or Bullying <input type="checkbox"/> Skipping Class <input type="checkbox"/> Cheating <input type="checkbox"/> Stealing <input type="checkbox"/> Fighting <input type="checkbox"/> Other: _____	<b>In your own words, what happened?</b>
<b>Core Values Impacted:</b>  <input type="checkbox"/> <b>Respectful</b> <input type="checkbox"/> <b>Responsible</b> <input type="checkbox"/> <b>Safe</b> <input type="checkbox"/> <b>Inclusive</b>	
<b>How do I feel</b> about my part in what happened?	
<b>Why</b> did I make this choice? <i>Examples: trying to be funny, scared, angry, get revenge, obtain control, to get out of work, frustrated, disappointed, lost temper, avoidance,</i>	

Continue on back side

<b>Who did I harm</b> by making this choice?	
<b>Did this person(s) harm you</b> too? If so, please describe.	
<b>What will I do next time</b> to make a better choice?  <i>Examples: take 3 deep breaths, move somewhere else, think calm thoughts, ignore, positive self-talk, count backwards, do something else, ask for help,</i>	
<b>How will I repair the harm</b> created by my choice?	
My Signature:    Teacher Signature:	Parent comment:    Parent Signature: