

Name \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

## Behavior Reflection Form

What happened?

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Who else was involved?

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Why did I make this choice?

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How did I feel when this was happening? Circle the **Zone**

<b>Green Zone</b> Ready to Learn, Happy	<b>Blue Zone</b> Sad, Sick, Tired	<b>Yellow Zone</b> Frustrated, Silly, Nervous	<b>Red Zone</b> Elated, Angry, Aggressive
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Why was this behavior unacceptable?

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What could I have done differently?

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What will I do the next time I feel this way?

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Once you have completed this reflection, you can come in class respectfully and give this sheet to Ms. Howell.



# Thank you so much for purchasing this resource!

## How I use it:

I use this document when there are problems among peer groups in my class, which happens A LOT in middle school. It's important to know that there are 3 sides to every story: student A, student B, and the truth. This document allows for students to reflect and tell their side to the story. I usually verbally talk to my students before giving this to them to mediate the peer conflict. After the conflict has been resolved, I then have all parties fill out this reflection sheet. I especially love the part where they choose their zone of regulation. This reinforces Social/Emotional learning, which is extremely important to me!

I use these reflections a lot more at the beginning of the year to reinforce my expectations in the classroom. Eventually, students catch on and I don't have to use it as much. Except for at the end of the year when behaviors start to creep up again.

I keep a record of the reflections in a file folder for later reference, especially when repeated behaviors happen. I can then show my documentation and evidence to parents and administration when issues arise.

This is a great resource to pair with my Hallway Reflection sheet!

***It's not a perfect system, but it works for me and I hope it does the same for you!***

**Find the Editable Version on Google Docs: [Click Here](#)  
To edit the google doc, go to file -> make a copy :)**

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