










Name: _____ Teacher: _____

Grade: _____

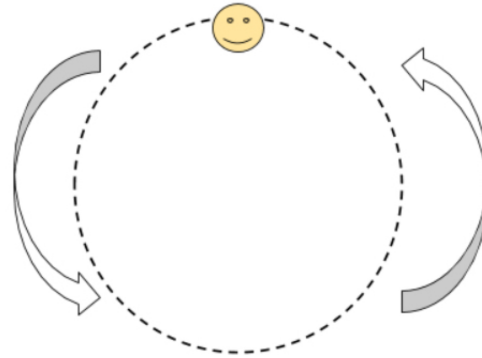


My Think Sheet

1. How are you feeling? Circle one:

 SCARED	 HAPPY	 SAD
 ANGRY	 EXCITED	 WORRIED
 SURPRISED	 SILLY	 FRUSTRATED

Use Circle Breathing if you feel you need to:



2. What was the expected behavior?

Draw a picture:


(Staff member can also write for the student)

3. What was your behavior?

Draw a picture:

(Staff member can also write for the student)

Respect yourself, Respect others, and Respect our School
Are you feeling calm and ready to do expected Grizzly Behavior?

Circle when you are ready:  Yes

For Staff Only:

Location: _____

Time of Day: _____

of Think Time Forms Completed: _____

Unexpected Behavior:

- Disrespect
- Defiance/Insubord./Non-comp.
- Disruption

Possible Motivation:

- Avoid Adult(s)
- Avoid Peer(s)
- Avoid Task
- Obtain Adult(s) Attention
- Obtain Items/Activities
- Obtain Peer Attention

Others Involved: _____

Notes:

Name: _____










Teacher: _____ Grade: _____

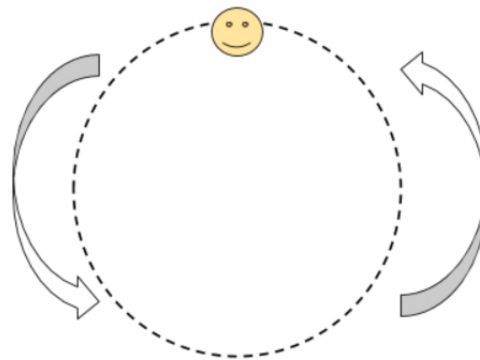
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2. What was the expected behavior? (Staff member can also write for the student)

2. What was your behavior? (Staff member can also write for the student)

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Are you feeling calm and ready to do expected Grizzly Behavior?

Circle when you are ready: **YES**

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