

# 's Think Sheet



I can think about my choices and how they affect ME and others.

## What I chose to do:

kick



hit



push



bite



talk or scream



run



not work



pinch



use unkind words



throw something



## It made \_\_\_\_\_ feel:

happy



sad



mad



scared



frustrated



## Next time I can choose to:

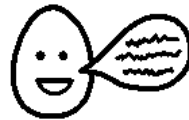
have SAFE feet



have SAFE hands



use kind words



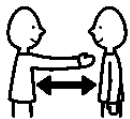
listen and not talk during instruction



ask for a calm break



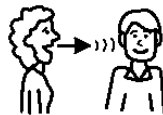
say "I need space."



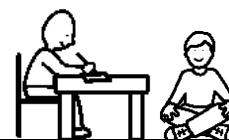
ask someone to "Please stop."



follow directions



stay in my work area

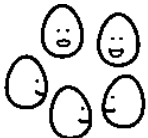


say, "I don't understand."



## When I make a positive choice like that:

others will want to be with me



others will feel good around me



others want to play with me



people will know that I am kind



I will feel proud of myself

