’s Think Sheet

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