

I thinking Sheet

What I chose to do:

kick



hit



push



throw something



run



not work



pinch



Unkind Words



It made _____ feel:

happy



sad



mad



scared



frustrated

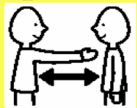


Next time I can choose to:

have SAFE feet



say "I need space."



have SAFE hands



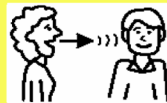
ask someone to "Please stop."



use kind words



follow directions



use a SAFE mouth



stay in my work area



ask for a calm break

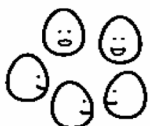


say, "I don't understand."



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

