

Reflections Room

You are here as a result of your decisions. Your job is to answer the questions below to help you reflect. This process must be completed entirely before you can return to recess. Again, you will not return until this is completed honestly. **Your time is determined by your choices.**

During this time, you will hear the word reflection often. Reflection means to think deeply and carefully about. Before you answer each question take a moment to reflect before you respond.

Describe the incident that led you to this reflection?

What was your role in the incident?

How did you feel during the incident? Explain why you felt that feeling?

What did you want in the situation? Did you receive what you desired?

Everything comes with a cost. What did it cost you by behaving the way you behaved? Was it worth it?

How have my actions affected my teacher(s), my classmates, my friends, my siblings, and/or my parents?

How may I be perceived as a result of my actions?

Is this the perception I want others to think of me?

What decisions/behavior should I display in the future?

Do you know how to make the correct decisions/behavior in the class and at home? Explain

Looking back, do feel the same now as you did during the incident? Explain how you felt then and how you feel now.

Looking back, would you behave the same now as you did during the incident? Explain how you behaved then and how you would behave now.

Is there something that was not asked that you like to discuss? If so, use the line below

Is an apology necessary to those who were affected by your actions? Why or why not?

State those who were affected as a result of your actions?

Would you prefer to verbally speak to the people affected or write an apology letter? Explain your reasoning below