Name:	Teacher:
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Grade: __



My Think Sheet

		-		_	
1. Ho	w are yo	u feeling	g? Circle or	ne:	
	00		(00)		Use Circle Breathing if you feel you need to:
	SCARED	НАРРУ	SAD		
	00	A A	00		
	ANGRY	EXCITED	WORRIED		() / / / / / / / / / / / / / / / / / /
	00		NA N		Si.
	SURPRISED	SILLY	FRUSTRATED		
Draw a	a picture:	he expec	ted behav	/ior?	
Draw a	a picture:	/our beh vrite for the stud			

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 Com	pleted:	
Unexpected Behavior:	Possible Motivation:	- Obtain Adult(a) Attantion	
□ Disrespect	□ Avoid Adult(s) □ Avoid Peer(s)	□ Obtain Adult(s) Attention□ Obtain Items/Activities	
□ Defiance/Insubord./Non-comp.□ Disruption	□ Avoid Feer(s) □ Avoid Task	□ Obtain Rems/Activities □ Obtain Peer Attention	
	E Tivota Task	- obam red recention	
Others Involved:			
Notes:			

Name:	
Teacher:	Grade:

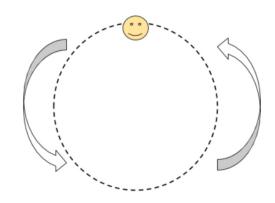
My Think Sheet



1. How are you feeling? Circle one:

00		
SCARED	НАРРҮ	SAD
00	A A	00
ANGRY	EXCITED	WORRIED
00		>4
SURPRISED	SILLY	FRUSTRATED

Use Circle Breathing if you need



2. V	Vhat was	s the expected	d behavior?	(Staff member can also write for the student)
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2. What was your behavior? (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 F	orms Completed:
Unexpected Behavior:	Possible Motivation:	
□ Disrespect	□ Avoid Adult(s)	□ Obtain Adult(s)
□ Defiance/Insubord./Non-comp.	□ Avoid Peer(s)	□ Obtain Items/Activities
□ Disruption	□ Avoid Task	□ Obtain Peer Attention
Others Involved:		
Notes:		