



# Behaviour Reflection Sheet

Pupil Name: \_\_\_\_\_

Date: \_\_\_\_\_

Staff Member: \_\_\_\_\_

What happened before?

What was your trigger?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Who was affected?

adults

children

me

How did this make people feel?

**BLUE ZONE**  
Low levels of energy and down feelings

**YELLOW ZONE**  
Higher energy and stronger feelings

**RED ZONE**  
Extremely high energy and strongest feelings

What action did you take that broke our school rules?

Samarès School Rules

Be Respectful

Be Safe

Be Ready

 left class	 swearing/insults	 hurt someone
 shouted	 damaged something	 threw something
 climbed	 ignored adults	 took something

Which zone were you in when the problem happened?

**BLUE ZONE**  
Low levels of energy and down feelings

**GREEN ZONE**  
Calm energy and a sense of control

**YELLOW ZONE**  
Higher energy and stronger feelings

**RED ZONE**  
Extremely high energy and strongest feelings

What were you feeling?

\_\_\_\_\_

How can you repair and make things better?

say sorry

help clean or fix

write a note

What tools could you use to manage your zone safely next time? (Use toolbox)

I could \_\_\_\_\_ instead.

Adults could help me regulate by...

