



Melbourne Archdiocese
Catholic Schools



Our Lady of Good Counsel

How Am I Feeling About My Behaviour?

Let's think together about what happened and what we can do next

My name: _____

My learning space: _____

Date: _____

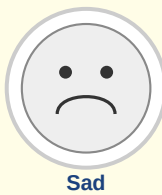
1 Which value was tricky for me? (Circle one)



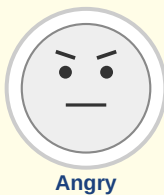
2 How was I feeling? (Colour one)



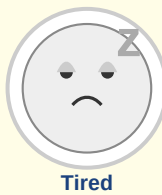
Happy



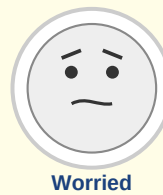
Sad



Angry



Tired



Worried



Other

3 What happened? (Tick the box)

☐

I wasn't listening

☐

I wasn't being safe

☐

I didn't follow instructions

☐

I hurt someone's feelings

☐

I was being silly at the wrong time

☐

Something else happened

4 What can I do next time? (Pick one)

☐

Use kind words

☐

Take a deep breath

☐

Ask for help

☐

Keep hands and feet to myself

☐

Follow instructions

☐

Think before I act

☐

Something else: _____