

Behavior Think Sheet

I am taking a break because _____

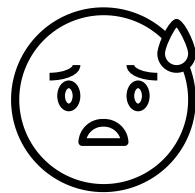
When I did this, I felt:



Angry



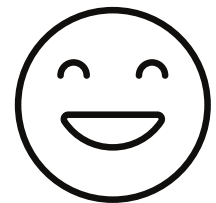
Sad



Embarrassed



Confused



Happy

To fix this, I should _____

Next time, I will do better by _____

Name: _____

Date: _____