

First Grade Recovery Time Think Sheet



1. I feel:

- sad
- alone
- angry
- foolish
- embarrassed
- silly

2. I chose to:

- be loud
- talk out of turn
- ignore direction
- sass
- argue

3. I could have:

- been more respectful
- been more responsible
- kept our classroom more safe

4. Do I need to apologize?

Yes

No