

How did you feel and what were you thinking of at the time?

How did it make others feel?

Scared



Sad



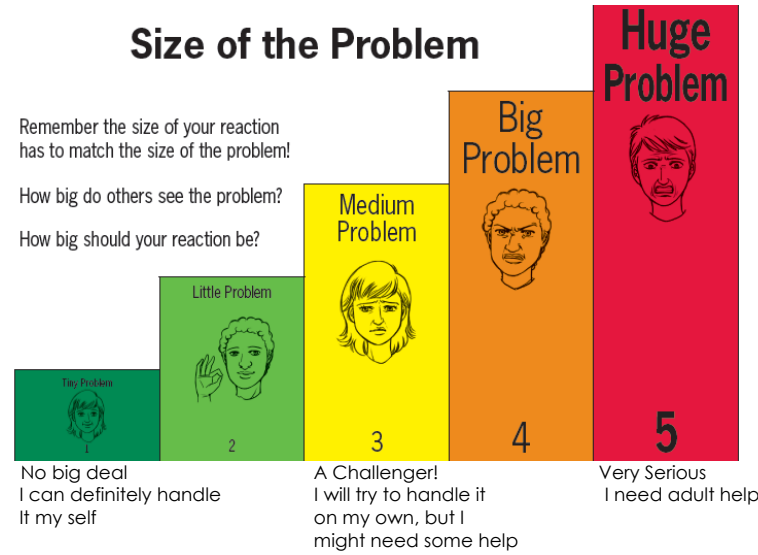
Worried



Angry



I rate this problem as a _____



Next time, I am going to solve this problem by

Restorative Practice Sheet Primary

Name: _____

Red Zone

mad/angry terrified
elated yelling/hitting
out of control

Yellow Zone

worried frustrated
silly excited

Blue Zone

bored sad
sick tired
moving slowly

Green Zone

feeling okay focused
calm happy
ready to learn

What happened? (what took place; who was involved; was there hands-on?)

First

Finally

Then

THINK what zone were you in?

Circle what zone you were in.

Red Zone



Yellow Zone



Blue Zone



Green Zone

