



## John Hay Blue Reflection Sheet

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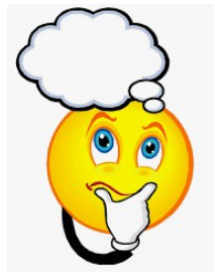
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For questions and more information about this document, please contact the following:

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This example from John Hay is a worksheet aims to prompt students to reflect on what happened, their feelings and the feelings of others and to find a positive way forward.

# John Hay's Blue Reflection Sheet



Name \_\_\_\_\_ Date \_\_\_\_\_

Please write or draw.

What happened?

How do you feel?



Sad



Angry



Scared



Worried



Confused



Surprised



Hurt



Embarrassed

How does the other person/people feel?



Sad



Angry



Scared



Worried



Confused



Surprised



Hurt



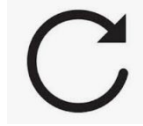
Embarrassed

What can you do to make things better? I can try to make repairs by...

- Apologize



- Have a re-do



- Show an act of kindness



- Your idea



Next time I feel the same way I can try to \_\_\_\_\_ instead.

Is there any help you need from an adult at John Hay?

- Help me practice the words I can use when I \_\_\_\_\_.



- Remind me of my calm down choices.

- Practice some breathing strategies with me.

- Check in with me before \_\_\_\_\_.



- Something else?

