

Think It Through

Not a punishment: a calm chance to tell your side and make things right.



MY INITIALS _____ CLASS _____ DATE _____

1 My side of the story

PAUSE. BREATHE.

Write about you: what you saw, did and felt. Start with "I". Use the starter if it helps.

1 What happened?

FROM MY VIEW, I...



2 What were you thinking at the time?

AT THE TIME I THOUGHT...



3 What have you thought about since?

SINCE THEN I HAVE THOUGHT...



2 My feelings

CIRCLE WORDS THAT FIT

angry

hurt

upset

embarrassed

worried

frustrated

sad

scared

left out

confused

sorry

ashamed

calm

relieved

My own word: _____

Tick one in each row



1 Very upset



2 Upset



3 Mixed



4 Mostly calm



5 Calm

At the time

☐
☐
☐
☐
☐

Now

☐
☐
☐
☐
☐



Putting it right

3 Others and next steps

Think about everyone involved, including you. Be fair.

4 Who has been affected and in what way?



I THINK ... FELT...

5 What do you need now?



RIGHT NOW, I NEED...

6 What needs to happen to put things right?



I THINK IT WOULD HELP IF...

My putting-it-right plan (initials or roles only, never full names)

A An apology idea

If and when I am ready: how could I say sorry?

B One thing I will do

Something that helps. Start with "I will..."

C Who can help

D Follow-up date

Our agreement

We have each been heard. We will try this plan and meet again on the follow-up date.

MY INITIALS _____ OTHER PUPIL, IF PRESENT _____ STAFF INITIALS _____