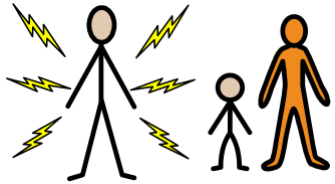
Reflection Book

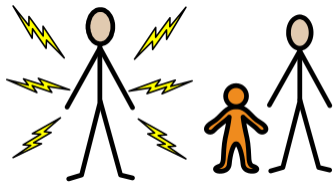
Created in WidgitOnline.com for Maddie

Widgit Symbols © Widgit Software Ltd 2002 - 2023

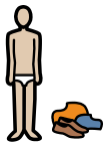
broke something

scribbled on something


hurt an adult


hurt a child

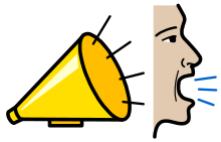
being unsafe


took my clothes off

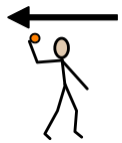
not being respectful

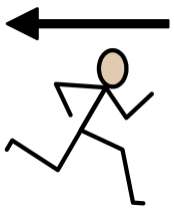
What happened?

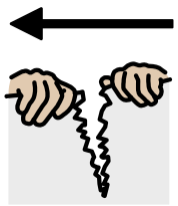
using bad language

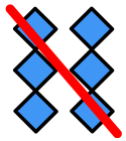

being disruptive

not listening to instructions


threw something

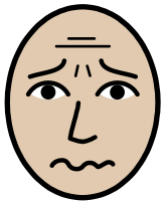

ran off


tore up work

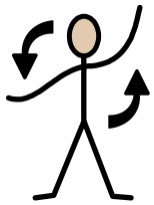

something different

Created in WidgitOnline.com for Maddie

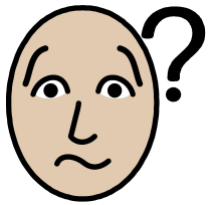
Widgit Symbols © Widgit Software Ltd 2002 - 2023



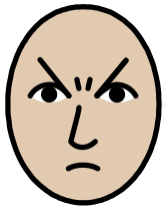
worried



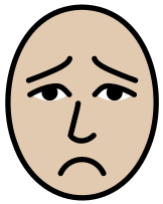
fidgety



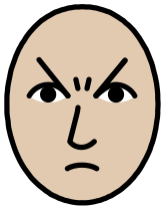
confused



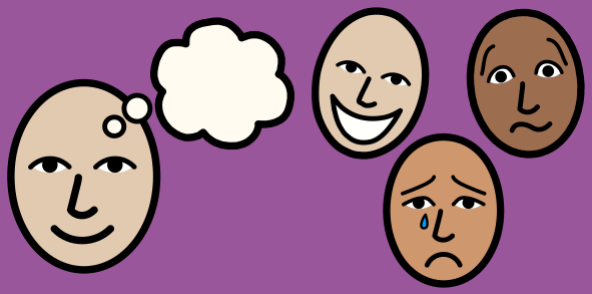
angry



sad

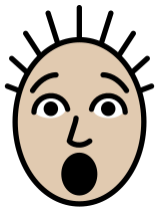


annoyed

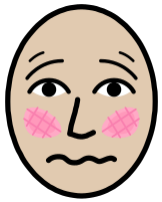


What were you feeling?

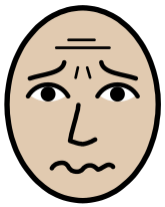
silly



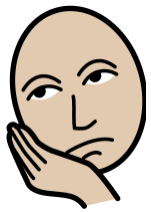
scared



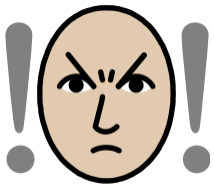
embarrassed



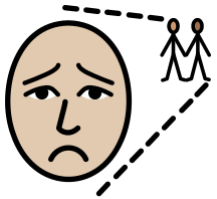
nervous



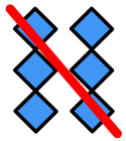
bored



furious



lonely



something different

Created in WidgitOnline.com for Maddie

Widgit Symbols © Widgit Software Ltd 2002 - 2023

Who has been affected?

me

a friend

a teacher

my class

my mum

my dad

other children

my family

my sibling

people in the community

animals

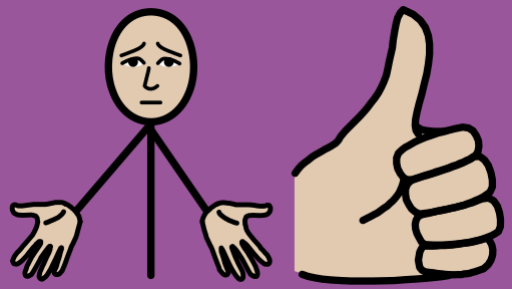
everyone

another adult

someone else

Created in WidgitOnline.com for Maddie

Widgit Symbols © Widgit Software Ltd 2002 - 2023



What needs to happen to put things right?

make a card

write a letter

talk to someone

say sorry

fix something

have thinking time

tidy up

make a change

clean something

make a plan

practice

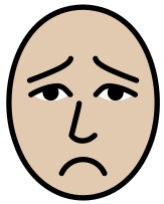
finish my work

hug

something different

Created in WidgitOnline.com for Maddie

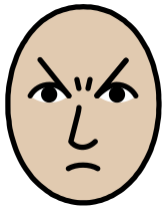
Widgit Symbols © Widgit Software Ltd 2002 - 2023



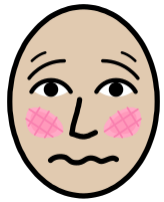
sad

sorry

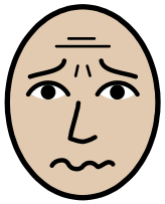
guilty



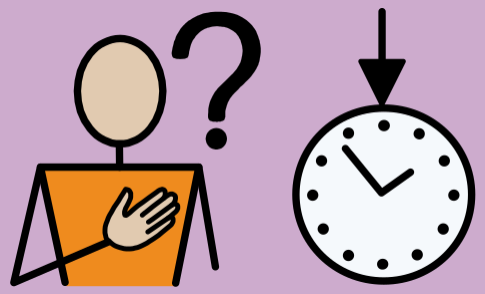
annoyed



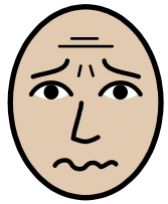
embarrassed



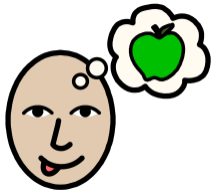
worried



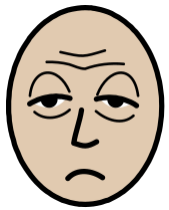
How do you feel now?



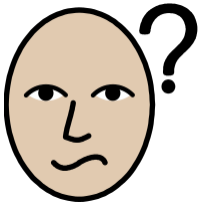
nervous



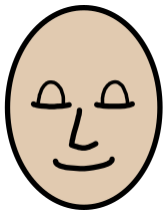
hungry



tired



unsure



calm

better

okay

something different

Created in WidgitOnline.com for Maddie

Widgit Symbols © Widgit Software Ltd 2002 - 2023

Next time I will...

move away

ask for a break

go to my calm space

ask for help

get a fiddle toy

tell someone how I feel

1 2 3
count to 10

play with someone else

be respectful

make a good choice

take deep breaths

listen carefully

remember the rules

something different

Created in WidgitOnline.com for Maddie

Widgit Symbols © Widgit Software Ltd 2002 - 2023