Student Reflection Time- Action Plan: Teacher’s Name

The questions on this sheet will help you think about what just happened in your classroom and what you can do to avoid being sent to time out again. Please remember that if you continue your behavior more severe consequences will follow.

Answer these questions honestly. **False answers or putting the blame onto others will not be accepted.**

Student name:________________________ Date_________ Time:______ Referring teacher:___________________

1. Write a complete paragraph that states why you were sent out of class to the time-out area:

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2. Which classroom rule did you choose to break?

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______________________________________________________________________________________________
______________________________________________________________________________________________

3. Why did you continue with this behavior after you had been warned to stop? (Don’t tell me you weren’t warned either)

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______________________________________________________________________________________________
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4. Explain why it is important for students to follow classroom rules and respect the teacher:

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______________________________________________________________________________________________
______________________________________________________________________________________________

continued…
5. What could happen to you in the future if you keep choosing not to follow the rules in class?

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______________________________________________________________________________________________
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6. What happens to adults who cannot follow basic rules?

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7. Explain why you should value your education. Remember, your education is what you make of it.

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______________________________________________________________________________________________
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8. Think about why you broke the rules in your classroom. Check all that apply:

___ I wanted attention from my classmates or my teacher
___ I was frustrated with the work and did not know how to appropriately ask for help
___ I wanted to get out of doing my work
___ I was finished with my work and was bored
___ I was scared about not being successful on my assignment so I didn’t start it
___ I am angry about something that is going on in class (not the work)
___ I am angry/upset about something outside of class (at home or in other classes)
___ I don’t feel well
___ I wanted to avoid the teacher or someone in my class
___ I wanted to show the class that I was tough or in control

Return to (Teacher’s Name) and continue on your class work. You are NOT to return to class. Do not put your head down. If you choose to be disruptive you will get a referral.