



Los Angeles Unified School District Student Health and Human Services

School Mental Health

Think Sheet



What happened?		
What was the consequent	ce/result?	
What could you have don Tell an adult	Take deep breaths	Count to 10
Ask for help] Walk away	Write your ideas below:
What will you do now?		
Apologize	Stay in my seat	Keep hands and feet to myself
Pick it up] Play fair/take turns	Follow class rules
Clean it up	Complete work	Write your actions/choices below:

Thank you for making a better choice.



