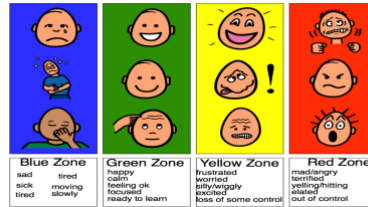






REFLECTION

Pupil Name:

Date:

The Zones of Regulation



	<p>What went wrong?</p> <p>Where? When?</p>
	<p>How did I feel? Which zone was I in?</p>
	<p>What would have helped me? (see overleaf for ideas)</p>
	<p>What will I do next time?</p>
<p>Follow up/consequence</p>	



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- CPOMs
- Consequence
- SLT/Team Leader
- Text home

Name of other pupil/s involved _____

Name of adult/s involved _____

