

INTENTIONAL PACKET

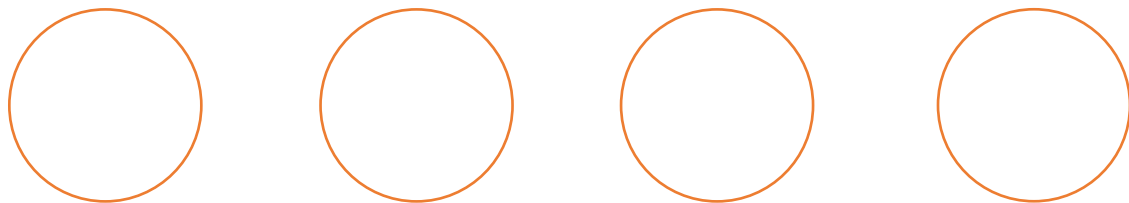
A Guided Workbook



Please do the following:

Countdown from ten. Write the numbers in the boxes below.

Take four deep breaths. Color in the circles below as you do this.





What do the words in the picture mean?
Think about it while you color.

Look around you.

List 5 things you can see:

1. _____
2. _____
3. _____
4. _____
5. _____

List 4 things you can feel:

1. _____
2. _____
3. _____
4. _____

List 3 things you can hear:

1. _____
2. _____
3. _____

Tell Us Your Side of the Story

What happened?

What was your reaction?

Making Amends

What can you do to make the situation right again?

Choose one:

Be a helping hand. Help clean up the cafeteria, organize supplies on the cart, or sharpen pencils.

Be a kind word. Draw a picture or write a nice note or thank you letter to the person you had a problem with.

Be a friend. Stay with the person you had a problem with and carry their backpack and tray for them. Find three things you have in common.

Be a mirror. Write out a list of five things you like about yourself or draw a self-portrait and share them with the teacher who gave you this packet.

Other: What is your idea to make the situation better?

I will do this (Circle one):

Now

Tomorrow

For the next 3 days

For a week

Signature _____

Closure

- I choose to: **Be a helping hand**
- Be a friend**
- Be a mirror**
- Other**

How did you feel during your restorative activity?

How did you feel afterwards?

How do you feel now?
