

Name:

Grade:

Date:



# COOL DOWN SHEET



**RELAX, RELATE, RELEASE** (Now, lets examine the problem to find the solution)

## Reflection Sheet



*What happened? Describe the conflict.*

*Who was involved?*



*Right now, how do you feel? What about this situation made you angry? Sad? Embarrassed? Explain (use an additional piece of paper if necessary)*

*What are the school's consequences for what has happened?*

*If you had to advise a younger sibling on how to avoid this situation- What would you tell them?*

*What school staff did you seek for support to prevent this situation from happening?*

*Are you willing to make amends? (make peace)*

*Do you agree to participate in a mediation session with your counselor and with the person (people) you are having conflict with?*

