

**Understanding myself and the consequences of my actions**

**STUDENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CENTRE: \_\_\_\_\_\_\_\_\_\_\_\_**

**YEAR GROUP: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What have I done?**

|  |  |  |  |
| --- | --- | --- | --- |
| What have I done / been doing? | Who has been affected by this? | How have they been affected? | How do you think this made them feel? |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

**Understanding why I did these things**

Look at what you did in the chart above.

Try to think why you might have done these things.

|  |  |  |  |
| --- | --- | --- | --- |
| What have I done / been doing? | How was I feeling before I did this? | Did someone say or do something before that upset you or made you think of doing this? | How did I feel after I did this? |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

**How am I going to put this right?**

What am I going to do to make up for what I have done and to put it right?

|  |
| --- |
|  |

Write an apology letter for the people affected here:

|  |
| --- |
|  |

**Stopping it from happening again**

What am I going to do to try to make sure these things do not happen again?

|  |  |
| --- | --- |
|  | ACTION TO TAKE IN THE SAME SITUATION |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |

Next time I will do things differently and here is how:

|  |
| --- |
|  |

