

# See It, Own It, Fix It

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## In the Classroom

Use this worksheet after conflicts or challenges to help students reflect on their behavior and develop solutions.



## At Home

Parents can use this to guide their child through these steps when resolving disagreements or handling mistakes.



# See It, Own It, Fix It

Grades K-4

Name: \_\_\_\_\_

**Directions:** When you face a challenge or make a mistake, use this problem-solving worksheet to reflect and take responsibility for your actions.



## 1. SEE IT: What happened?

## 2. OWN IT: What was your role in this situation?

3. FIX IT: What can you do to make things better?

Grades K-4

4. What will you do next time to avoid this situation?

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# Daily Self-Check-In Chart

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## In the Classroom

Have students complete this check-in each morning and/or afternoon to track their progress.



## At Home

Parents can use this chart to help students set goals in the morning and reflect on their actions.

Name: \_\_\_\_\_

**Directions:** Reflect on your behavior and mindset using this chart at the beginning and end of each day. Be honest with yourself and use your answers to grow!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Check-In</b>					
How do I feel today?					
What is my goal for the day?					
What can I do to have a great day?					



Name: \_\_\_\_\_

**Directions:** Reflect on your behavior and mindset using this chart at the beginning and end of each day. Be honest with yourself and use your answers to grow!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Afternoon Reflection</b>					
Did I achieve my goal today?					
What went well?					
What can I improve for tomorrow?					



# Weekly Self-Check-In Reflection

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Grades K-4



## In the Classroom

Use this reflection on Friday for students to reflect on their week, celebrate success, and set behavior goals.



## At Home

Families can complete this chart together during the weekend to discuss positive behaviors and areas for growth.



# Weekly Self-Check-In Reflection

Grades K-4

Name: \_\_\_\_\_

**Directions:** At the end of each week, reflect on your behavior, effort, and mindset. Be honest with yourself and use your answers to grow!

## Weekly Self-Check-In:

How do I feel about this week?  Great  Okay  Could have been better



What was my biggest success this week?

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What was my biggest challenge? How did I handle it?

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Did I meet my goals for the week?  Yes  No (Why not?) \_\_\_\_\_

What is one thing I can do better next week?

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Who or what can help me achieve my goal next week?

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What am I proud of this week?

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# Mindfulness or Reflection Corner Cards

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Grades K-4



## In the Classroom

Place these cards in a designated space where students can access them when they need support in managing their emotions and behavior. Before allowing students to engage with the cards independently, introduce each card and explain or model how to use it effectively. Encourage students to refer to these cards when they pause, reset, or reflect on their choices.



# Mindfulness or Reflection Corner Cards

Grades K-4

**Directions:** Choose a card that matches how you are feeling. Follow the steps on the card and complete it before rejoining the class.



## The Reflection Card

**Before you react, pause, and take a moment to think!**

- Take a deep breath.
- Reflect on how you feel and what happened.
- Choose the best way to respond.
- Remember, you are in control of your actions!



## The Reset Card

**Is it time for a reset? Try this!**

- Close your eyes and take a few deep breaths.
- Count backward from five to one.
- Move your body or stretch.
- Think about what is the best decision for you to make next.
- Remember, it's okay to take a moment to reset and adjust your mindset.



# Mindfulness or Reflection Corner Cards

Grades K-4

**Directions:** Choose a card that matches how you are feeling. Follow the steps on the card and complete it before rejoining the class.



## The Problem-Solving Card

- What is the problem?
- How do you feel about it?
- What are two or three possible solutions?
- What's the best choice?
- Remember, every problem has a solution!



## The Express Yourself Card

Use your words to express your feelings!

I feel \_\_\_\_\_ (emotion)  
when \_\_\_\_\_ (situation)  
because \_\_\_\_\_ (reason).

**Choose one:**

- I can \_\_\_\_\_ (solution).
- I need \_\_\_\_\_ (solution).

*Example:* I feel frustrated when people cut me off because I want to be heard. I need to have a chance to speak.

