



# 1st-2nd Grade THINK SHEET

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## THINKING ABOUT ONE'S CHARACTER, ACTIONS, AND MOTIVES.

What I did: \_\_\_\_\_

How I was feeling:



Sad



Scared



Angry



Silly



Confused

How did I make others feel?



Sad



Scared



Angry

What will I do differently next time?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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NAME \_\_\_\_\_

CLASS \_\_\_\_\_

DATE \_\_\_\_\_

3rd-4th Grade | SELF-REFLECTION SHEET

THINKING ABOUT ONE'S CHARACTER, ACTIONS, AND MOTIVES.



PRAY AND THINK

My actions were: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Who was affected by your actions? (Describe how the other person or people may have felt because of your actions.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I made this choice because: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

A better choice would be to: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The virtue(s) I should practice is/are: \_\_\_\_\_

This virtue would 'look like' and 'sound like': \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DECIDE AND ACT

ASK AND LISTEN

ACTION TAKEN:

FOLLOW UP:

Parent Signature: \_\_\_\_\_



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# What was I thinking?

NAME \_\_\_\_\_

CLASS \_\_\_\_\_

DATE \_\_\_\_\_

6th-8th Grade | SELF-REFLECTION SHEET

THINKING ABOUT ONE'S CHARACTER, ACTIONS, AND MOTIVES.



PRAY AND THINK

DECIDE AND ACT

ASK AND LISTEN

My actions were:

.....  
.....  
.....

It was inappropriate because:

.....  
.....

Who was affected by your actions?

(Describe how the other person or people may have felt because of your actions.)

.....  
.....  
.....

Does this reflect who you are? (Explain.)

.....  
.....

I could have avoided it if I had:

.....  
.....  
.....

The virtue(s) I should focus on is/are:

because:

.....  
.....

ACTION TAKEN:

FOLLOW UP:

Parent Signature: \_\_\_\_\_



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