Safe Seat Reflection

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| --- | --- | --- |
| My Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_ | Teacher sending me: \_\_\_\_\_\_\_\_\_\_\_ |
|  | Time in:\_\_\_\_\_\_\_ | Time out:\_\_\_\_\_\_\_ |
|  |  |  |

**While in safe seat, reflect on your behavior by responding to the following questions:**

1. What were **YOU** doing that caused you to be sent to safe seat (describe the behavior or behaviors):

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2. Which of the HAWKS expectation(s) did I choose to ignore? (**Explain what you did that is not following HAWKS expectations**)

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3. How has my behavior affected `other’s ability to synergize (work together well) in the classroom?

(Be specific to the behaviors listed above)

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4. What HAWKS expectation(s) will I demonstrate when I return to the classroom?

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5. Which of the 7 habits am I going to focus on when I return to the classroom? What actions will I display that will show that I am focusing on this habit?

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6. When I return to the classroom how will I make it a win/ win environment for my teacher and myself?

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7. When you are finished reflecting quietly give this to your safe seat teacher to sign. Be prepared to be asked to add details if the teacher feels you have not been very clear. After the teacher approves your reflection and dismisses you, respectfully return to class.

**Safe Seat Teacher Signature**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7 Habits of Highly Effective Teens

Habit 1: Be Proactive - You are in Charge

Habit 2: Begin with the End in Mind - Have a Plan

Habit 3: Put First Things First -

 Do the most important things first

Habit 4: Think Win-Win -

 Everyone can win

Habit 5: Seek 1st to Understand, then be

 Understood – Listen before you speak

Habit 6: Synergize - Together is better

Habit 7: Sharpen the Saw –Renew yourself regularly

