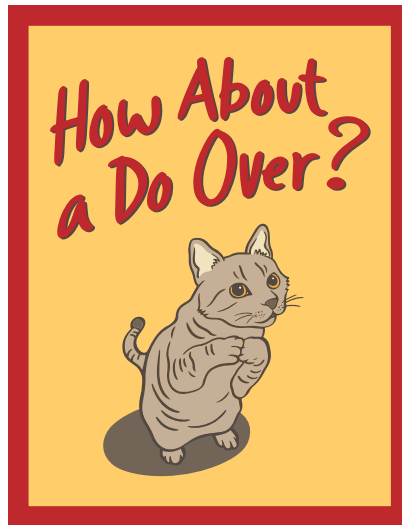




REFLECTION CARDS




HOW TO USE THIS PRINTABLE



Reflection cards invite kids to reflect on a mistake, a poor choice, or a behavior they'd like to change. Forced apologies--especially in the heat of the moment--do not help kids cultivate empathy.

In lieu of a forced apology, use these reflection cards as a shame-free way to help kids identify, learn from mistakes, and even make amends.

Below, you'll find 5 different cards with prompts. To assemble these cards, print them out and fold each in half like a book, then fold in half like a book again. Voila! You have a card. :)





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Forgive
Me?
٥٣٧

Dear

Please forgive me...



How About a Do Over?

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Dear

I'm sorry that I...

I know this was hurtful because...

In the future, I will try to...

I'd like to make this up to you.
One idea I have is...



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Dear

I haven't been myself lately...



I'M SORRY
I LOST
MY COOL

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Dear

I'm sorry that I lost my cool...

I know this was hurtful because...

In the future, I will try to...



please
fur - give
me

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Dear

There's something I want to say...

MORE GREAT CONTENT INSIDE THE MEMBERSHIP AREA!

White BG & Blank
Reflection Cards



Saige Advice:
Body Confidence



GoZen! members get more card variations along with hundreds of other printables. Learn about membership: gozen.com/allprograms/

SHARING THE

While we ask that you not embed these printables in your own resources, we are thrilled to have you share the love with other schools and families by sharing this page: gozen.com/printables/

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