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Secondary Consequences

I stole a pen from a friend in class

I laughed at someone who got all their work wrong

I ignored someone when they were talking to me

I shared a photo on social media of someone I know and they didn't want it sharing

What I did or said...	Their thoughts might have been	The person or persons might have felt...
<p>1</p> <p style="color: red; font-size: 1.2em;">I hid someone's coat for a laugh</p>	<p>2</p> <p style="color: red; font-size: 1.2em;">I am going to get into trouble for losing my coat</p>	<p>3</p> <p><i>Tick ones that apply or write your own</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Happy <input type="checkbox"/> Angry <input checked="" type="checkbox"/> Upset <input checked="" type="checkbox"/> Worried <input type="checkbox"/> Scared <input type="checkbox"/> Disappointed <input type="checkbox"/> Surprised <input checked="" type="checkbox"/> Sad <input type="checkbox"/> Embarrassed <input type="checkbox"/> Shy
<p>4</p> <p><i>Tick ones that apply or write your own</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Happy <input type="checkbox"/> Angry <input checked="" type="checkbox"/> Upset <input checked="" type="checkbox"/> Worried <input type="checkbox"/> Scared <input type="checkbox"/> Disappointed <input type="checkbox"/> Surprised <input checked="" type="checkbox"/> Sad <input type="checkbox"/> Embarrassed <input type="checkbox"/> Shy 	<p>5</p> <p style="color: red; font-size: 1.2em;">I shouldn't have done it. They were clearly upset about it and I would be too if someone did that to me. I can say I am sorry to them.</p>	<p>6</p> <p style="color: red; font-size: 1.2em;">I think they would feel... Relieved that they hadn't lost it and hopefully they won't be too angry with me</p>

Consequences of words and actions

What's happened? _____ Date: _____

What did I say or do? _____ Who was affected by my actions/words? _____

How did the person or persons feel? (Tick ones that apply or write your own)

happy	angry	upset	worried	scared	disappointed	surprised	sad	embarrassed	shy
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The person or persons felt... _____

Why did they feel that way? _____

What did the person or persons do or say? _____

How would you have felt? (Tick ones that apply or write your own)

happy	angry	upset	worried	scared	disappointed	surprised	sad	embarrassed	shy
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I would have felt... _____

I feel... _____ for this person because I can see how my words or actions affected them.

What could I have done differently or how can I make things right now? _____

What would the person or persons say or do now? _____

How would the person or persons feel now? (Tick ones that apply or write your own)

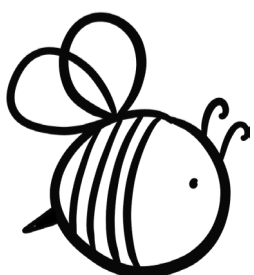
happy	angry	upset	worried	scared	disappointed	surprised	sad	embarrassed	shy
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I would have felt... _____

I now understand how important it is to consider my words and actions and think about the consequences of those words and actions on other people.

Signed: _____ Name: _____

ELSA support



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CONSEQUENCES OF WORDS AND ACTIONS ON OTHERS



SAD

What happens when you say or do something mean to someone?



LONELY



THINK



before you speak or act



UPSET

Consider other people's feelings



WORRIED

