**B.O.N.E.S. Think it Through Exercise**

Complete the statements using complete sentences. In your own words describe what you did in class, what effect your actions had on students and the teaching in the classroom, and what you can do to make sure this behavior does not occur again.

1. **I am a DPA Bulldog, one who is prepared, on task, never gives up, empathetic, and successful. I am to do this reflective exercise because today in class I…**

(a. What did you do?)

1. (Choose one of the four following statements. Read the underlined part and complete in your own words. Give at least two (2) examples that complete the statement you choose)

* **My actions, which I have described above show I was not PREPARED because…**
* **My actions, which I have described above show I was not ON TASK because…**
* **My actions, which I have described above show I GAVE UP because…**
* **My actions, which I have described above show I was not EMPATHETIC because…**
* **My actions, which I have described above show I was not SUCCESSFUL because…**

1. **When I interrupted the teaching in the classroom the students in my classroom started to …**
2. **Because of my actions the teacher had to stop teaching and …**

(What did the teacher have to do with the class and with you when you did what you did?)

1. **Moving forward and for the rest of the school year, I will not repeat the behavior I did today because instead I will…** (What will you do differently?)

**Meet with your teacher to discuss what you have written.**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have discussed this reflection exercise with my teacher. My signature below indicates my willingness to overcome my problem, adhere to all school/classroom rules and procedures, and become a better student as a result. Breaching this agreement will result in receiving a referral to the office.

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_