

Name: _____

Date: _____

REGULATE- Adult to support the child to calm down.

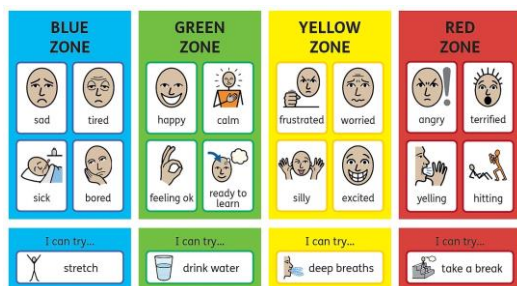
RELATE- "I can see you are really angry right now. "You're safe, we will figure this out together."

REASON- "What happened to make you so upset?"

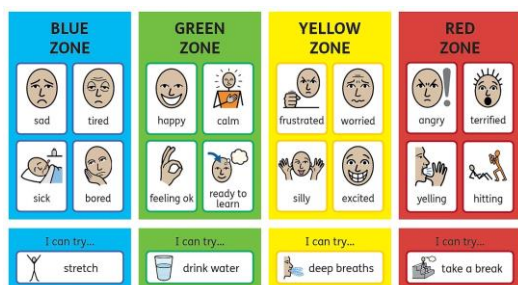
REPAIR- "How can I make it better or stop it from happening again?"

What happened?

How did I feel then?



How do I feel now?



What did I do?

How did this impact others?

What could I have done differently?

What can I do to make it better, or how could I prevent it happening again?