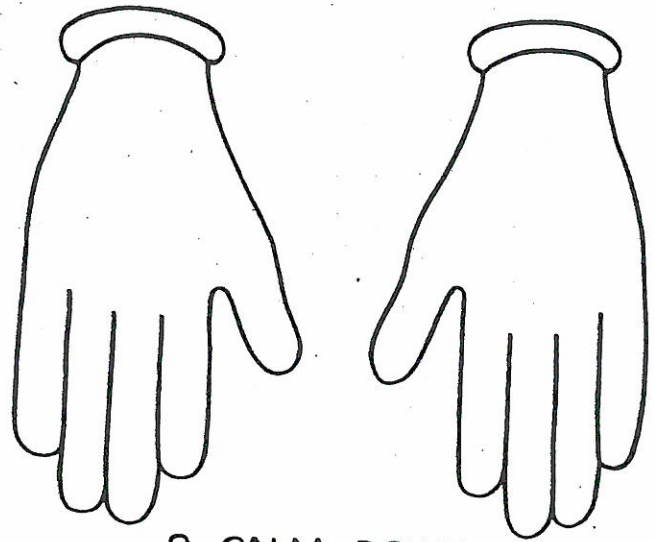
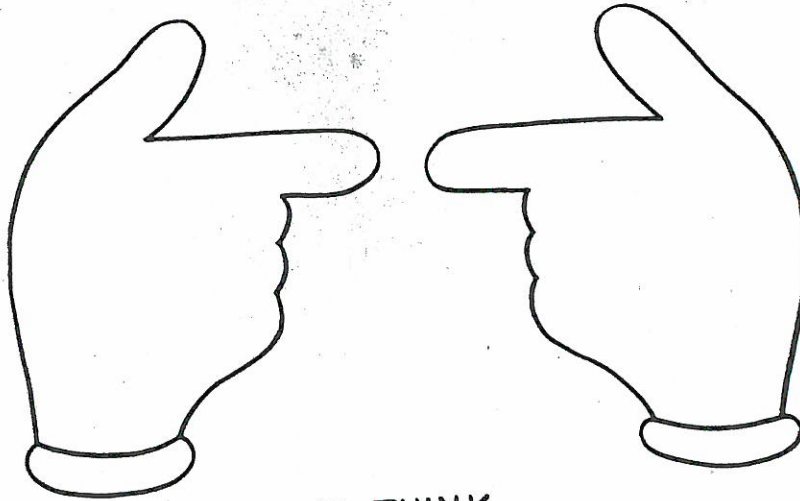


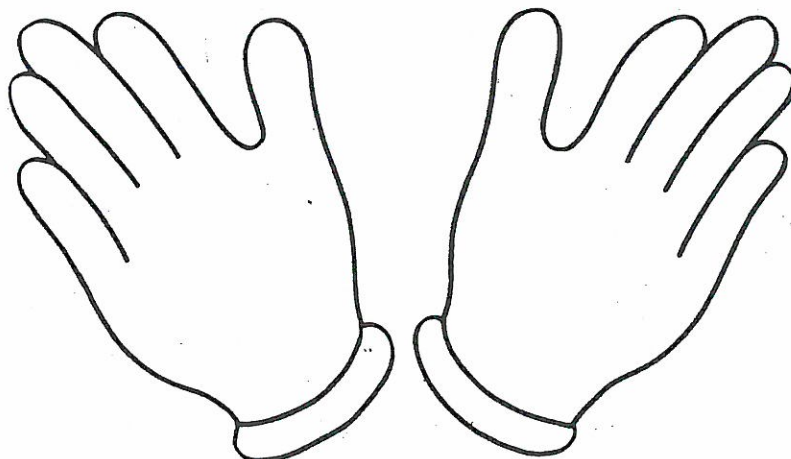
1. STOP



2. CALM DOWN

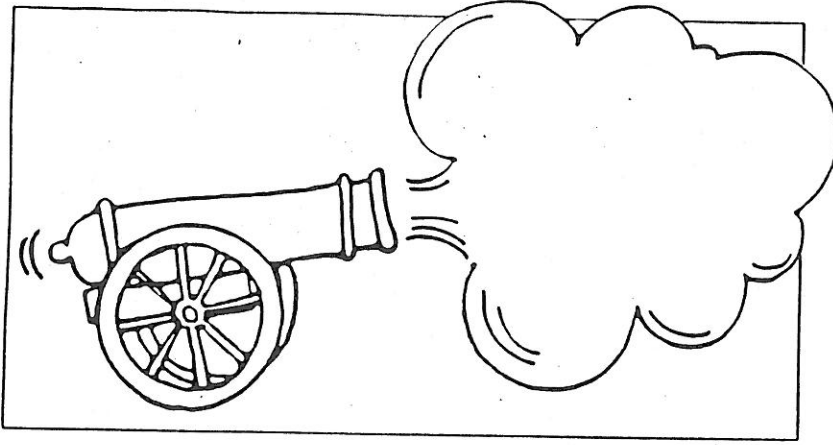


3. THINK



4. BE SMART

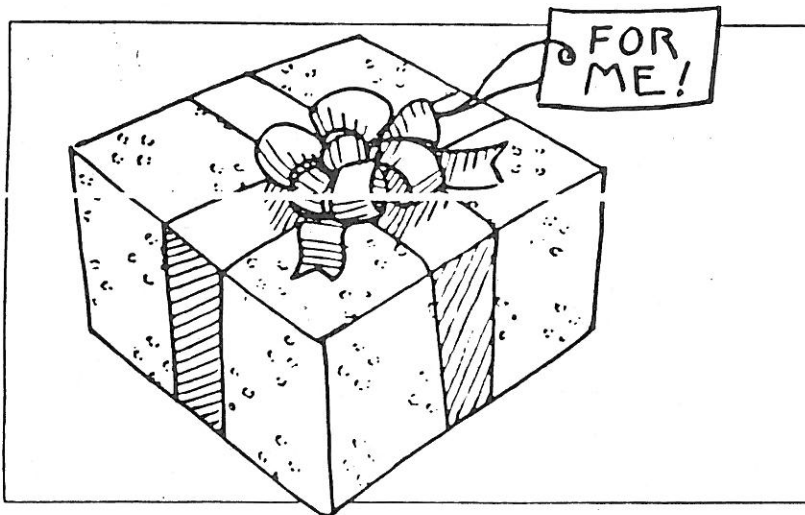
Time Out Card



1. What happened?



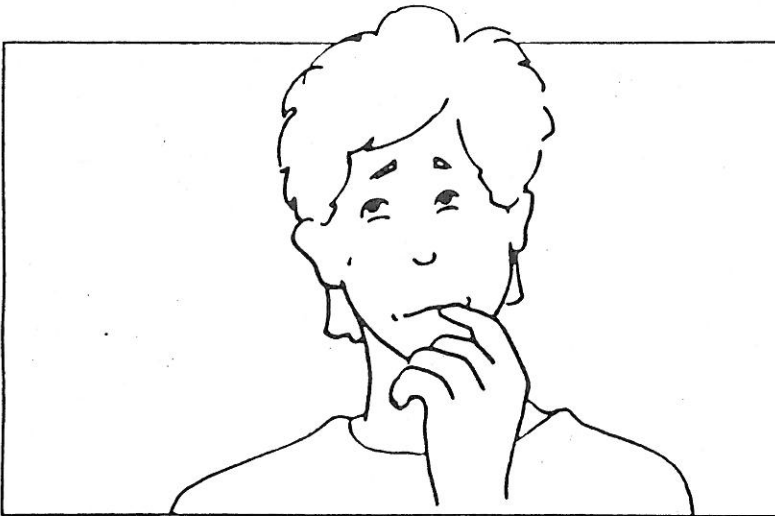
2. What did you do (or say to yourself) during the Time Out?



3. Did the Time Out help you? How?



4. Did the Time Out help someone else?
How?



5. What could have happened if you
didn't take the Time Out?



6. What good things happened because
you took a Time Out?

NAME _____

DATE _____

TEACHER _____

TIME _____ AM / PM

TIME OUT SHEET

1 . What happened ?

2 . What did you do (or say to yourself) during
the TIME OUT ?

3 . Did the TIME OUT help you ? How ?

4 . Did the TIME OUT help someone else ? How ?

5 . What could have happened if you *didn't* take the TIME OUT ?

6 . What good things happened because you took a TIME OUT ?
