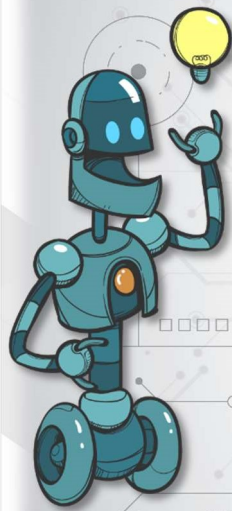
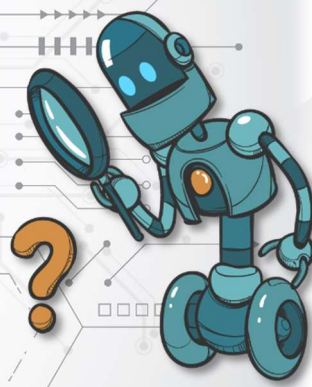


DETENTION WORKSHEET



BEHAVIOURAL REFLECTION & REGULATION



TIME TO REFLECT ON HOW YOUR BEHAVIOUR IMPACTS YOUR LEARNING

Why are you here?

Write a paragraph explaining your choices and your behaviours that have lead up to this detention...

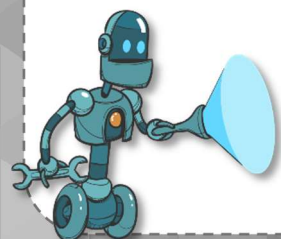
How was your behaviour impacting your learning?

Write a sentence explaining the consequences of your actions on your own ability to learn...

How was your behaviour impacting the learning of other students around you?

Write a sentence explaining the consequences of your actions on other students' progress...

Once you have finished this worksheet and your work has been approved by the teacher or supervisor,
neatly fold the worksheet and glue this section into your exercise book.



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It's important to reflect deeply on the true source of your behavioural issues. That way you can understand how to take control of your own behaviour and become a better learner. Fill in the gaps below: consider the best possible words to complete the text.

I would describe my attitude to learning lately as _____ and my behaviour in class as _____. One subject I particularly struggle in is _____: this might be because I feel _____ in the lessons. However, I can improve my behaviour by increasing my levels of _____ and reducing my levels of _____. I need to try to _____ more instead of _____. One thing that would help me to behave better in lessons is making the choice to change my _____. My behaviour in lessons probably makes the other students feel _____ and it has a _____ impact on their education; it probably makes my teacher(s) feel _____ and makes their job more _____ and less _____.

Give yourself a score out of ten for each of the following aspects of your behaviour...



I only talk when I'm meant to in lessons: I do not talk out of turn or when I'm meant to be working



I am polite and civil to teachers and teaching assistants as well as the others who work in the school

I am polite and civil to the other students in lessons

I do not disrupt the learning of other students by misbehaving and causing disruptions

I work hard in lessons and stay focused on the tasks and learning activities that are set by the teachers

I work hard outside of lessons: I am organised and conscientious when it comes to homework

I respect teachers and the hard work they put into our lessons and my behaviour reflects this

I am engaged in lessons: I don't just coast and avoid work, instead I try hard to get involved as much as I can

I am well-behaved in the playground at break-times as well as when traveling to and from school

I try to be a good influence on other students: I want them to succeed in school and gain a good education



This is where you reflect deeply on what you are going to change, what you will do differently, and the choices you can make to avoid getting another detention. **Complete the targets...**

My main target to improve my behaviour is to

I can avoid these detentions in future by

I will increase my ability to learn in lessons by choosing to



Student Signature:

Teacher/Supervisor Name: