A picture containing graphical user interface

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**JBS Student Reflection Form**

**Name: Date:**

**Grade:**

Why were you asked to fill in this reflection form today? What happened?

What were your thoughts and feelings before, during, and after the above-described situation?

What different choices would you make if you were in this situation again?

**Diagram

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**Character in Action**

In the boxes below, please use the 4 R’s to reflect on the above-described situation.

How could using the 4R’s help you make better decisions?

|  |  |
| --- | --- |
| **Responsibility**  *I am accountable for my actions and stand up for what is right.* | **Respect**  *I treat myself, others and the environment well.* |
| **Resilience**  *I do not give up in challenging situations and also help others to do well.* | **Resourcefulness**  *I find innovative solutions for positive outcomes.* |