Assigned to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Due by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Positive Self-Management Letter – Written Reflection from Child**

***DIRECTIONS:*** *rewrite the following letter in very neat print on lined paper. You need to read what you write so that it makes sense. Once you finish, get the 3 signatures listed, and return it to school completed.*

I got in trouble for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Now I have to copy this paper down on a lined sheet of paper. I don’t enjoy having to copy this sheet because it means I have to spend my time doing something that I don’t particularly like to do. I KNOW that there are consequences for all my actions. A consequence is not necessarily a punishment, but a consequence is an effect for any action.

When I made a poor choice and chose to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it caused problems. One problem my action caused was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Instead, a better choice would have been to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 I know it is wrong to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because it’s disruptive and disrespectful. When I do not follow positive discipline practices I show disrespect for others. I know that if I do not obey these rules, then other people suffer because of my selfishness. I also know that my behavior bothers others because someone has to spend time correcting my behavior when they could be using that time for a more useful purpose. Besides, this poor behavior wastes my time, too, because I have to spend MY TIMEcopying this essay.

What I *should* do from now on is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Next time I am tempted to make this bad choice, I will not allow myself to do it. I’ll talk to myself and say, “I don’t want to get in trouble. It’s not worth it and I don’t want to waste everyone’s time.”

I know if I can stop myself from breaking the rules, good things will happen to me. People will think I am growing up and becoming a responsible person. I’ll be happy, my family will be happy, and so will my friends…and I would not have to copy this paper again. I’m going to really try to obey the rules and be a POSITIVE ACTION PERSON. I know that if I try hard enough, I can do it. I believe in me, and I want others to believe and trust me too. I am sorry for making the wrong choice(s), and I will not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ again.

*Last directions: Once you have rewritten the letter on lined paper, you will need to 1) sign it with your own name, 2) have your parent/guardian sign it, 3) write the date, 4) staple it to the front of this paper, and 5) turn it back into your teacher so she can sign it, too.*