

Social Emotional Reflective Checklist

What did I do today to help a child or adult:

- ★ laugh?

- ★ solve a problem?

- ★ resolve a conflict?

- ★ calm down?

- ★ feel safe?

- ★ show initiative?

- ★ gain self-control?

- ★ play?

*Remember: "To the world you may be one person,
but to one person you may be the world."
~~Heather Cortez*