

CARES Reflection Sheet

Name _____

Week of _____

Student Self-evaluation G = Good S = Some effort C = Could be better

| I tried my best to show: | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---------------|----------------|------------------|-----------------|---------------|
| Cooperation | G S C | G S C | G S C | G S C | G S C |
| Assertion | G S C | G S C | G S C | G S C | G S C |
| Responsibility | G S C | G S C | G S C | G S C | G S C |
| Empathy | G S C | G S C | G S C | G S C | G S C |
| Self-control | G S C | G S C | G S C | G S C | G S C |

CARES Reflection Sheet Teacher Prompts

I tried my best to show Cooperation (the act or process of working or acting together):

- Did I share and take turns?
- Did I look for ways to help others and solve problems?
- Did I show good sportsmanship?
- Did I show respect to adults and other students?
- Did I show patience with others?

I tried my best to show Assertion (to insist on one's rights, or on being recognized, to be persistently positive or confident):

- Did I stand up for myself and others?
- Did I get an adult if needed?
- Did I have the courage to take risks?
- Did I help keep Barton a safe place for all students?
- Did I try to come up with my own ideas?
- Did I solve problems in new or unusual ways?
- Did I raise my hand often?
- Did I share my thinking?
- Did I ask good questions?
- Did I find answers to my questions?
- Did I show excited interest in learning?
- Did I believe in my ability to do the work?

I tried my best to show Responsibility (being dependable, reliable, and trustworthy):

- Did I do what was right even when no one was watching?
- Did I tell the truth?
- Did I accept responsibility for my actions?
- Did I follow directions the first time?
- Did I use my work time wisely? Did I do the best I could?
- Did I work in a way that allowed others to do their work?
- Were my assignments neat and carefully completed?
- Did I keep my area neat and clean?

I tried my best to show Empathy (ability to share in another's emotions/thoughts/feelings):

- Did I try to understand how others were feeling?
- Did I show kindness/politeness to others?
- Did I use kind words?
- Did I include others?
- Did I compliment others?
- Did I value the thoughts and words of others?

I tried my best to show Self-control (control over one's own emotions and behavior):

- Did I touch people and things appropriately?
- Did I make good behavior choices?
- Did I remember and practice all classroom rules on my own?
- Did I work to keep a positive attitude?
- Did I listen closely when others were talking?
- Did I remember to raise my hand?