

Reflect and Adjust a Plan



Use the matching sheet ID when checking answers.

Use the material to work through each task. Show the requested response.

1. Describe the main problem in the situation.

Look for:

- Identifies the central situation rather than judging the person.

One possible response: A fictional student's weekly plan repeatedly leaves too little time for travel and rest. The student reviews what happened.

2. Name one possible feeling. What detail supports it?

Look for:

- Names a plausible feeling.
- Uses context; different reasonable feelings are acceptable.

One possible response: The student may feel tired or disappointed.

3. Suggest a constructive next step.

Look for:

- Responds to the situation.
- Respects the people involved.

One possible response: Use the observations to adjust the plan realistically.

4. How might another person in the situation see it?

Look for:

- Describes a plausible perspective using the situation.

One possible response: Another person may have different needs or information.

5. What might happen after your suggested step?

Look for:

- Explains a plausible consequence.
- Does not claim certainty.

One possible response: A respectful response may help clarify the problem, but outcomes are not guaranteed.

6. Write or tell an adult a respectful sentence the character could use.

Look for:

- Expresses a need or next step clearly.
- Avoids threats or insults.

One possible response: A sentence that supports this strategy: Use the observations to adjust the plan realistically.

Open responses use criteria and an illustrative response. Other well-supported responses can be acceptable.