1. Using “fist to five”, circle how well you demonstrated and practiced the R.O.A.R. traits this week.

1 2 3 4 5

2. Reflect upon your week and give yourself an affirmation. You might want to begin your affirmation with one of the following starters: I appreciate myself because..., or I am important because...

______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

3. Now, give yourself feedback by writing a few thoughts on how you could “get better” next week.
   And, maybe next week I could improve by __________________________
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
4. Please find someone from our classroom family to give you an affirmation and write it below (try to find someone new each week).______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

_______________________________
Signature of person giving affirmation