

Positive Discipline Weekly Reflection Checklist

For each day of the week, check off the habits you practiced.

Student/Parent Activities

Daily Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I stayed calm.	☐	☐	☐	☐	☐	☐	☐
I explained the rule clearly.	☐	☐	☐	☐	☐	☐	☐
I praised effort.	☐	☐	☐	☐	☐	☐	☐
I followed through consistently.	☐	☐	☐	☐	☐	☐	☐
I listened before correcting.	☐	☐	☐	☐	☐	☐	☐
I used a natural consequence.	☐	☐	☐	☐	☐	☐	☐
I apologized if needed.	☐	☐	☐	☐	☐	☐	☐

Reflection Questions

1. Which strategy worked best this week?

2. Which situation was most difficult?

3. How did my child respond?

4. What will I try next week?

5. What positive behaviour did I notice?

Teacher/Parent Guide

Encourage parents to complete the checklist daily. Focus on gradual improvement rather than perfection.
Review weekly patterns to identify strengths and areas for growth.