

Peace Car planning sheet

Name of student: _____ Class: _____ date: _____

Problem What was the problem?			
Emotion How did it make you feel?	Happy? Sad? Frustrated? Angry? Disappointed?		
Action	What I did:	What I might have done:	What I might have done:
Consequences	Consequences of this action:	Possible consequences:	Possible consequences:
Emotion	How this made me feel:	How this might make me feel:	How this might make me feel:
Choose What's the best action? Place a tick in the column with the best outcome:			
Action What will I do next time? Why?			

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Information for parents

The Planning Room is a safe place where students who have not complied with our school rules can reflect on their behaviour and, with the help of a teacher, formulate a plan to replace unhelpful/unsafe choices with more positive actions.

At Kincumber Public School we have introduced an emotion-based problem solving strategy into our Planning Room procedures. We call this the **PEACE CAR**. Our goal is to encourage students to recognise that their emotions can be used as a message to tell us if something is affecting us and if we should engage in problem solving. If students are able to intercept at this point of a problem they may be able to reduce the possibility of choosing an ineffective and unhelpful response.

The role of Executive staff in the Planning Room is to be an emotions coach for students to encourage individual students to think helpfully. By reflecting on the incident the teacher will be able to encourage the student to identify whether their thoughts and feelings at the time were helpful or unhelpful. Ultimately, the goal of the Planning Room is to ensure that students make more helpful choices in the future, therefore reducing the likelihood of re-visiting the Planning Room.

Your child's **Peace Car planning sheet** states the problem they were faced with and the emotion they felt at the time this problem arose. It tracks the actions and consequences they chose and how this made them feel. It then provides for them the ability to track two hypothetical choices they **may** have made in the same situation. By examining the consequences of these possible actions students are better able to reflect on which would have been the best option to choose and therefore provide them with more positive action choices and consequences, should a similar problem arise in the future.

If you have any questions about this plan, please contact our school executive who will be able to discuss this further.

It is integral that students discuss their actions and consequences not only with the Planning Room teacher but also with their parent/s. Strong partnerships between home and school will encourage students to take responsibility for their own behaviour and support them in making more appropriate behaviour choices in the future.

Please discuss this plan with your child and return the signed note to the Planning Room teacher at lunch time, the next school day.

We thank you in advance for your support in this matter.

Planning Room teacher: _____

On behalf of Kincumber Public School Welfare Committee

Signature: _____ Date: _____

Parent/Caregiver Signature: _____ Date: _____