

Hassle Log

Hassle Log for : _____

Date: _____

Morning: _____

Afternoon: _____

Where Were You?

Gym

Lunch

Recess

Classroom: _____ (what class)

Music

Library

What Happened?

Somebody Teased me _____

Somebody took something of mine _____

Somebody told me to do something _____

Somebody was doing something that I didn't like _____

Somebody started fighting with me _____

I did something wrong _____

Other _____

Who was that person _____

What Did You Do?

Hit Back _____

Told an Adult _____

Ran Away _____

Walked Away _____

Yelled _____

Talked It Out _____

Cried _____

Told a Peer _____

Ignored _____

Broke Something _____

How Did You Handle Yourself?

1

2

3

4

5

Poorly

Not So Well

Okay

Good

Great

How Angry Were You?

1

2

3

4

5

Burning
Mad

Really
Angry

Moderately
Angry

Mildly
Angry

Not
Angry