



Reflection

Name: _____

Date: _____

😊 Yes! 🤔 Sort of 😞 Not really

COMMUNITY 🤝

1. 😊😊😊 I asked classmates for help when I needed it. 🆘
2. ○○○ I helped others. 🌀
3. ○○○ I cleaned up my work area and did chores. 🧹
4. ○○○ I kept my agreements. 📄
5. ○○○ I made my own work choices. 🤝
6. ○○○ I was welcoming to others. 🤝
7. ○○○ My voice and body were peaceful in class. ✌️
8. ○○○ My words were gifts toward others. 📺

Put a plus + by the habit above that you most want to get better at.

WORK & SPORTS HABITS 🏠 🏀


1. 😊😊😊 I kept going even when it was hard. 🌀
2. ○○○ I chose works from many areas, and from outside. 📖 🧪 🌿 🌱
3. ○○○ I chose games of various sports and skills. 🏈 🏊 🏃 🏏 🏐 🏑
4. ○○○ I graciously joined lessons. 🎵
5. ○○○ I saw my mistakes as valuable because I can learn from them. 🏆
6. ○○○ I practiced so much that I could teach my lessons. 🧐 📺 📺 📺
7. ○○○ I accomplished my goals. 🎯

Put a plus + by the habit above that you most want to get better at.

THINKING AHEAD: 💭

- What's a goal that would be hard but I could definitely do? 🎯

GROUP DISCUSSION (OR JOURNALLING):  

- What was one of my biggest achievements? 
- What's something I did that helped me do better in class?
- What could I do next week that would help me?
- What was a mistake I made that I learned from?
- What was something that was hard, but I tried different ways and persisted?
- What did I learn about myself or others?
- Was there a time I showed understanding and caring toward others?