



# My Learning Reflection

**Name:**

**Date:**



## My Focus (Projects and Interests)

**What was the main project or idea I spent time on?**

**Words you could use:** *Constructed, Explored, Developed, Initiated, Investigated, Prototyped, Designed*

**Also try:** *Made, Built, Found, Tried, Planned*

**What did I learn or practice while doing this?**

**Words you could use:** *Analyzed, Calculated, Documented, Evaluated, Science, English, Compose*

**Also try:** *Math, Number, Read, Wrote, Drew*



## How I Think & Learn (Metacognition)

**When something was hard, what did I do to keep going?**

**Words you could use:** *Overcame, Persevered, Adjusted, Brainstormed, Resolved, Regulated, Prioritized, Remembered* **Also try:** *Hard, Stuck, Fixed, Asked, Helped*

**What is one thing I want to get better at, and how will I practice it?**

**Words you could use:** *Achieve, Improve, Refine, Strategize, Target, Focus, Enhance* **Also try:** *Goal, Better, Learn, Practice*

## **Working with Others & Myself (Working Skills)**

**How did I help my peers, or how did they help me?**

**Words you could use:** *Collaborated, Communicated, Supported, Negotiated, Coordinated, Facilitated, Encouraged* **Also try:** *Share, Talk, Friends, Team, Nice*

**How did I use the open space/materials to help myself learn?**

**Words you could use:** *Organized, Utilized, Scheduled, Self-directed, Sourced, Managed, Adapted* **Also try:** *Alone, Space, Tools, Choices, Time*

✨ **My Highlight of the Day/Week:**

*(Draw a picture, write a story, or list what you are most proud of!)*