

Magic reflection cards

Metacognitive skill targeted:

I can think about what I've learned, what went well, and what was more difficult. I know how to learn even better!

Age Group: 8-10 years old

Duration: 15-20 minutes

Materials needed:

- Magic reflection cards – Print and cut out. Ask an adult to print the cards. Try cutting them out yourself.
- Notebook or small slips of paper
- Pen or crayons

Activity description

This is a super fun activity that will help you think about what happened in class, or when we did something cool. You'll think about what went great for you, what was difficult, and what you can do to make it even better next time! It's like being a detective, searching for important thoughts in your head.

Instruction

1. After finishing a lesson or completing a fun task – like reading, drawing, or building with blocks – it's the perfect time for a moment of relaxation and creativity! That's when you should do this exercise.
2. Take the magic reflection cards. You can choose one (the colour you feel like!) or draw one randomly from the deck.

3. Look at the question on the card. Read it.

- a. **Green cards – SUCCESSES – POSITIVE EXPERIENCES** – These are questions about what went great for you! (e.g., What did I do well today? What am I most proud of today?)
- b. **Red cards – DIFFICULTIES AND CHALLENGES** – These are questions about what was a bit difficult or didn't quite work out (e.g., What was the most challenging thing for me today? What could I have done differently to avoid difficulties?)
- c. **Blue cards – LEARNING PROCESS** – These are questions about how you learned and what helped you (e.g., What helped me learn today? What did I do to better understand this topic? How can I use this later?)
- d. **Yellow cards – EMOTIONS** – These are questions about your emotions, how you felt (e.g., How do you feel now that you've finished the lesson or that super task? Did any difficult emotions come up while you were doing the task? What were they?)

4. Think about the question for a moment. You can:

- a. Write down the answer in your notebook or on a small slip of paper.
- b. Tell your answer to a friend, classmate, or mom/dad.
- c. Done! Now you have super important thoughts in your head!

Useful Tips

Relax! There are no wrong answers! These are your own thoughts, and that's awesome!

Think about what you say or think. This will help you become an even better learner.



MAGIC REFLECTION CARDS



SUCCESSSES - POSITIVE EXPERIENCES

WHAT ARE SOME
THINGS I DID
WELL TODAY?



SUCCESSSES - POSITIVE EXPERIENCES

**WHAT MADE ME HAPPIEST
HAPPIEST TODAY?**



SUCCESSSES - POSITIVE EXPERIENCES

**WHAT DO YOU THINK WAS MY
BIGGEST WIN DURING THIS
LESSON/ACTIVITY?**



SUCCESES - POSITIVE EXPERIENCES

WHAT BROUGHT ME THE MOST
JOY TODAY?



 **Cogni
Quest**

SUCCESES - POSITIVE EXPERIENCES

WHAT DID I DO EVEN BETTER
THAN I THOUGHT I WOULD?



Co-funded by
the European Union

 Cogni
Quest

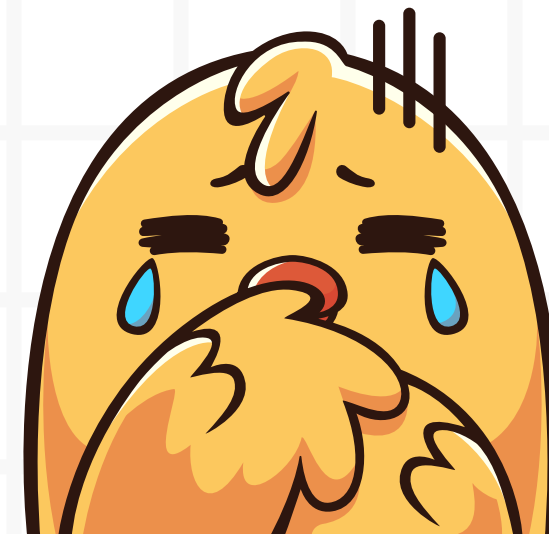
DIFFICULTIES AND CHALLENGES

**WHAT WAS THE
TOUGHEST THING I
FACED TODAY?**



DIFFICULTIES AND CHALLENGES

WHEN DID I START TO FEEL LOST?



 **Cogni
Quest**

DIFFICULTIES AND CHALLENGES

**DID I REACH OUT FOR HELP WHEN
I REALLY NEEDED IT? WHY OR
WHY NOT?**



DIFFICULTIES AND CHALLENGES

**WHAT COULD I HAVE DONE
DIFFERENTLY TO AVOID
CHALLENGES?**



Co-funded by
the European Union

 **Cogni
Quest**

DIFFICULTIES AND CHALLENGES

**WHAT WAS THE TOUGHEST
CHALLENGE YOU FACED AT WORK
TODAY?**



Co-funded by
the European Union



LEARNING PROCESS

WHAT HELPED ME LEARN TODAY?



LEARNING PROCESS

WHAT STEPS DID I TAKE TO GET A CLEARER GRASP OF THIS TOPIC?



LEARNING PROCESS

WHAT NEW SKILL DID I TRY
OUT TODAY?



**IF I HAD THE CHANCE TO DO
IT ALL OVER AGAIN, WHAT
WOULD I CHANGE?**



LEARNING PROCESS

**HOW CAN I TAKE WHAT I
LEARNED TODAY AND USE IT
LATER ON?**



 **Cogni
Quest**

EMOTIONS

**HOW DO YOU FEEL NOW THAT
YOU'VE WRAPPED UP THE
LESSON OR THIS AWESOME
ASSIGNMENT?**



EMOTIONS

**DID YOU FEEL ANY TOUGH
EMOTIONS WHILE DOING THE
TASK? WHAT WERE THEY?**



EMOTIONS

**WHEN YOU THINK ABOUT WHAT YOU
LEARNED TODAY, HOW DOES IT MAKE
YOU FEEL? IS IT HAPPINESS, PRIDE, OR
MAYBE A BIT TIRED?**



EMOTIONS

**DID ANYTHING CATCH YOU OFF GUARD
OR MAKE YOU FEEL A BIT DIFFERENT
THAN USUAL DURING THE LESSON?**

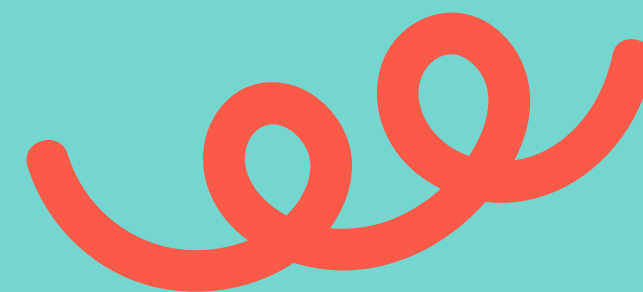


EMOTIONS

**IMAGINE THAT THE TASK WAS LIKE A
LITTLE ADVENTURE.
WHAT DID YOU, THE HERO,
EXPERIENCE ALONG THE WAY**



FOR TODAY - THE END



Co-funded by
the European Union

