

Life Connections

Metacognitive skill targeted: Reflection, knowledge transfer, self-regulation

Age group: 10-14 years

Duration: 20 minutes

Materials needed:

- Worksheet or notebook for reflection
-  Pens or pencils
-  Ideas from the day's lesson
-  A quiet moment for class discussion or writing
-  (Optional) Reflection prompt on the board or projector:

"How can you use today's learning in your everyday life?"

Activity Description

At the end of the lesson, students are asked to reflect on how the day's learning connects to real life.

By thinking about where and how they can apply what they've learned, students make meaningful links between classroom content and everyday experiences.

Example – The Sirens and Real Life

Lesson Topic: The Sirens in *The Odyssey*

Life Connection Question: *How can you apply this story in real life?*

Example Answer:

"Like Odysseus, we sometimes face temptations that distract us from our goals. I can learn to stay focused, even when something seems exciting but could lead me off track."

Instructions

- 🎧 Listen carefully to the story or lesson (e.g. The Sirens in *The Odyssey*).
- 🧠 Think about the **main idea** or **lesson** behind the story.
- 🌍 Ask yourself: “*When does something like this happen in real life?*”
- ✍️ Write 1–2 sentences about **how you can use this idea** in your everyday life.
- 💬 Share your answer with a classmate or the whole class if asked.
- 📝 Reflect: *What did you learn about yourself or your choices through this connection?*

Useful Tips *

- 🧠 Think about your own experiences — has something similar ever happened to you?
- 🗣️ Use "I" statements to make it personal (e.g. “*I can relate because...*”)
- 🔍 Focus on the message, not just the story details
- ✍️ Keep your answer short but meaningful — 1–2 sentences is enough
- 🤝 There's no right or wrong answer — your connection is unique to you!

Making Connections



Choose an event from the story. Make connections to the event and describe it in the bubbles below.

This reminds
me of ...

This reminds
me of ...

This reminds
me of ...

This reminds
me of ...

Event

Life Connections



LIFE CONNECTIONS – STUDENT WORKSHEET



Name: _____ Date: _____



Lesson/Story Title: _____

Write the title or topic of today's lesson:



What was it about?



Life Connection

How can you use or see this idea in real life?

- ✓ Think about something that reminds you of this story.
- ✓ Has something like this happened to you or someone you know?



Write your answer here:



Bonus Question (Optional):

What will you do differently after today's lesson?



Tips Box (add on the side or bottom):

TIPS FOR MAKING CONNECTIONS

Use your own experience

Be honest and personal

Think about choices, feelings, or situations

There are no wrong answers!