

Reflection cards 2 - Am I feeling well at school?

Metacognitive skill targeted: self-reflection, emotions

When to use it

During and after the learning process

What you'll do

Reflection cards will help you to observe your feelings during the lesson or the learning process and use visual prompts and simple language to identify and express your feelings. Also by using them, you can reflect on your current methods and start engaging in metacognitive processes.

What You Need

Reflection cards

How to use it

1. Pick a card from a deck of cards
2. Read the question
3. Think about the question on the reflection card
4. Share your thoughts with the class

Tips for Reuse / Continuation

Reflexion cards can be used with family members as well.

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RIGHT NOW I
AM FEELING

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MADE ME
HAPPY AT
SCHOOL.

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WHEN I AM
WITH MY
FRIENDS AT
SCHOOL I FEEL

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BEST THING
HAPPEND AT
SCHOOL THIS
WEEK WAS

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I USUALLY
ASK FOR
HELP WHEN

CogniQuest



MAKES ME
SAD AT
SCHOOL.

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WHILE DOING
THE ACTIVITY
AT SCHOOL
I FEEL

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TODAY WAS
SUCCESSFUL
BECAUSE

CogniQuest



WHEN SOMEONE
HELPS ME
I FEEL

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MADE ME
SMILE AT
SCHOOL TODAY.

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I AM PROUD OF
MYSELF TODAY
BECAUSE

CogniQuest



WHEN I FACE
A PROBLEM
I FEEL
