

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.

 CogniQuest  RIGHT NOW I AM FEELING -----	 CogniQuest  ----- MADE ME HAPPY AT SCHOOL.	 CogniQuest  WHEN I AM WITH MY FRIENDS AT SCHOOL I FEEL -----	 CogniQuest  BEST THING HAPPEND AT SCHOOL THIS WEEK WAS -----
---	--	---	---

 CogniQuest  I USUALLY ASK FOR HELP WHEN -----	 CogniQuest  ----- MAKES ME SAD AT SCHOOL.	 CogniQuest  WHILE DOING THE ACTIVITY AT SCHOOL I FEEL -----	 CogniQuest  TODAY WAS SUCCESSFUL BECAUSE -----
---	---	--	--

