

## Metacognitive Reflection Cards

### When to use it

You can use this tool after completing a task, activity, or lesson to think about how you worked, what you learnt, and how you could improve next time.

### What you will do

These cards help you think about your own learning and find better ways to learn in the future.

### What You Need

- Printed reflection cards (or digital versions)
- Pen or pencil
- Your notebook or completed activity

### How to use it

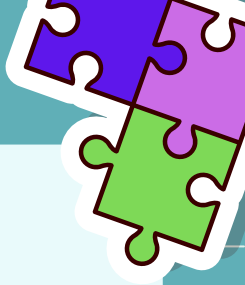
1. Choose one card from the printed reflection cards after finishing your task.
2. Read the question or prompt on the card.
3. Take a moment to think before answering.
4. Write or say your answer.
5. Discuss with a friend or teacher if you want.

## About this Template

- Each card has a symbol and a reflective question or prompt.
- The colour and symbol help you remember the skill you're using (e.g. green and puzzle for planning)
- The question helps you think deeply about what you did, how you felt, or what you could do better.
- Some cards ask about how you planned your work, how you stayed focused, or how well your strategies worked.

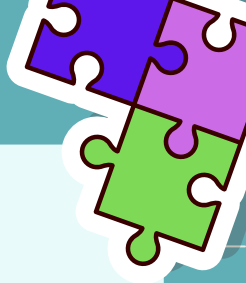
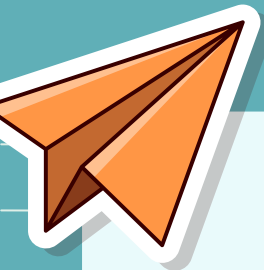
## Tips for Reuse / Continuation

- Pick a different card each time to explore new angles of your learning.
- Keep your answers in a journal to see how you grow.
- Try creating your own cards with new questions.
- Use the same card with different subjects or projects.



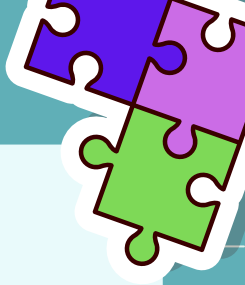
What do I already  
know about this  
topic?

**PLANNING**



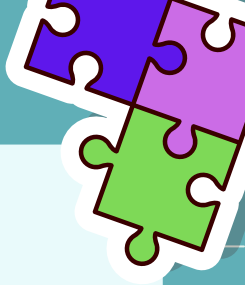
What is my goal for  
this task?

**PLANNING**



What strategy will I  
use to start?

**PLANNING**



What might be  
difficult and how  
will I handle it?

**PLANNING**



Am I understanding  
what I'm learning?

**MONITORING**



Should I try a  
different strategy?

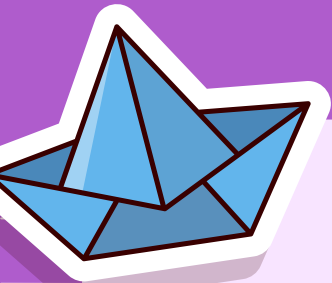
**MONITORING**





What is helping me  
the most right  
now?

**MONITORING**



Do I need help or  
more information?

**MONITORING**



What did I learn  
today?

**EVALUATING**



What worked well  
and what didn't?

**EVALUATING**



What would I do  
differently next  
time?

**EVALUATING**



How do I feel about  
my learning today?

**EVALUATING**