

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.

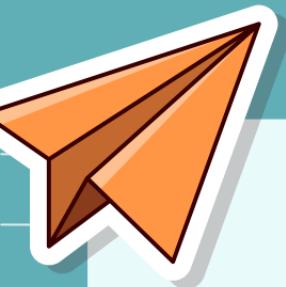
Tips for Reuse / Continuation

- 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.



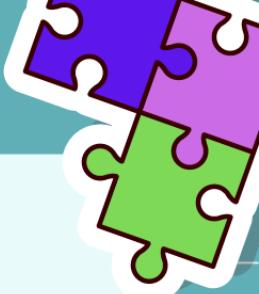
What do I already
know about this
topic?

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



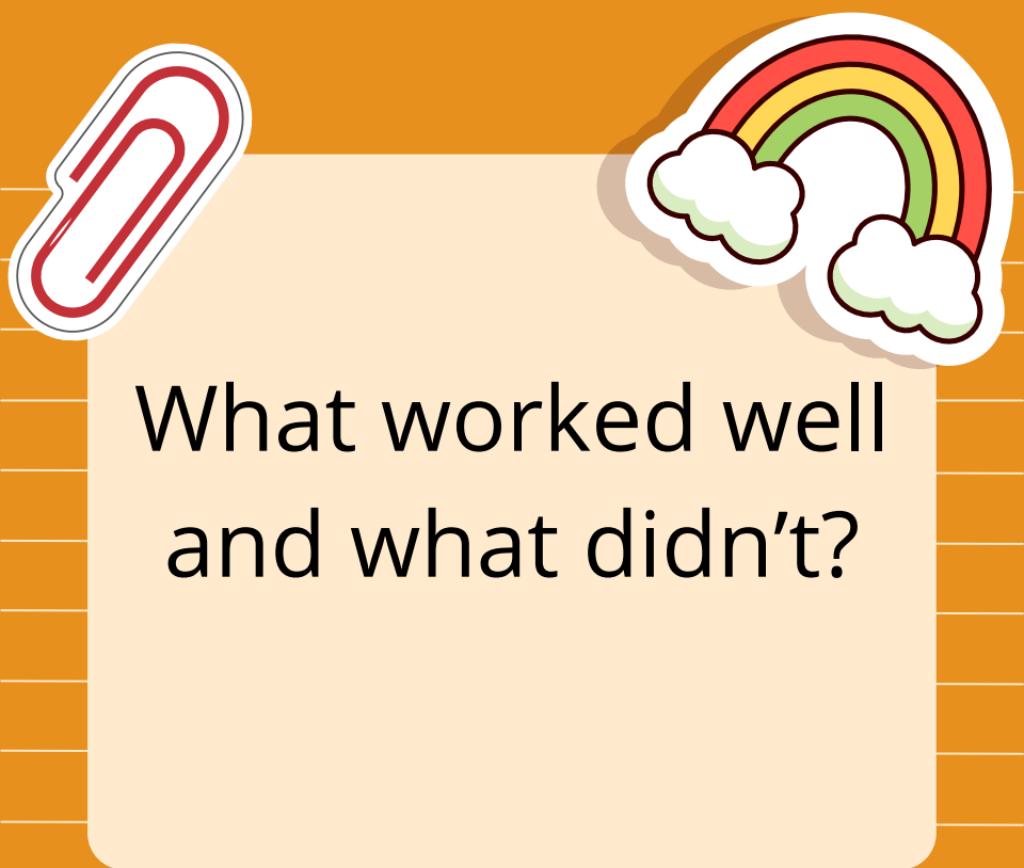
Do I need help or
more information?

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