



TOPPOINT
Schreibwaren
BURO

TUTOR TIME REFLECTION AND WELLBEING JOURNAL



"It's a beautiful thing for mind, body, and spirit to take some time daily for reflection."

Anonymous

NAME _____

INTRODUCTION

This reflection and wellbeing journal is a way for you to reflect on what is happening in your life and your academic progress as we go through the year. Then at the end of the year you can look back to see your successes and challenges you have overcome.

My year in Pixels

For this activity you colour in the squares for each day. Each colour will determine your thoughts for how that day went. You have been given 9 rankings to choose from, with space to add 3 of your own. The squares that are blacked out are school holidays.

Reflecting on Me

This section aims to get you thinking about yourself and your future. The questions aim to get you thinking and reflecting. There are no right or wrong answers.

Academic Reflection

These pages focus on your studies and aim to help you identify issues before they become too big as well as how you think you are making progress even if you don't think you are. It is important that you are honest and realistic when filling this out if it is going to help you.

Time to let your mind wander and see where it goes

These pages are about self reflection and your wellbeing. They are not a test but questions to get you thinking about yourself and reflection on where you are and where you are going. Some of the questions will repeat as the year goes on, it is okay to have the same answers just as it is okay to change them.

YOUR YEAR IN PIXELS

31												
30												
29												
28												
27												
26												
25												
24												
23												
22												
21												
20												
19												
18												
17												
16												
15												
14												
13												
12												
11												
10												
9												
8												
7												
6												
5												
4												
3												
2												
1												
	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG

Excellent
Good
Focused / Productive
Normal
Anxious
Tired
Frustrated
Stressed
Sick / Illness

REFLECTING ON ME

What makes you unique?

--

5 Facts about you.

Your favourite thing about yourself.

--

Something that scares you

--

Bravest thing you have ever done.

--

3 adjectives to describe yourself.

3 adjectives to describe yourself.

3 things you are most proud of in your life.

YOUR FUTURE

What is on your bucket list?		

If you could study one subject for the rest of your life what would it be?

What is your dream career?

How will you know you have had a good life?

3 things that you want to achieve this year.

3 things you would do if you knew you couldn't fail.

RECOGNIZING THE GOOD STUFF

Things, people and places you adore.		

One thing you have worked hard to achieve.

One thing that is going well in your life right now.

2 things that you are passionate about.	

3 people you can count on when times are tough.

3 things you are looking forward to this academic year.

ACADEMIC REFLECTION

Week 1: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things that scare others but not you.

2 things that really get on your nerves

3 things you would change about the world.

Something that doesn't make sense to you

--

Someone who has inspired you this week.

--

This week I....

Talked about

Didn't like

Changed

Indulged in

Struggled with

Enjoyed

ACADEMIC REFLECTION

Week 2: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the
week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Song of the
week



2 things you've never done
but would love to try.

2 things that make you smile
in the world

3 things you like about this
time of year

Something that makes you
giggle

--

Someone who has helped
you out this week.

--

This week I....

Saw

Heard

Decided

Felt

Appreciated

Worked hard on

ACADEMIC REFLECTION

Week 3: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.


A word to describe your learning this week.

Person of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

Song of the week



One thing about your age right now that is awesome

One thing about your age now that you didn't expect.

3 things you are curious about:

A sound that you find soothing/calming.

A sound that you can't stand hearing.

This week I...		
Played	Asked for help with	Worked out that
Talked about	Learnt	Giggled at

ACADEMIC REFLECTION

Week 4: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

One delicious meal that makes you think of home.

--

Your dream pet

--

3 people who light up your day.

A little thing that makes a bad day better.

--

Your favourite feel good film.

--

This week I...

Visited

Started

Finished

Wondered about

Observed

Smiled about

ACADEMIC REFLECTION

Week 5: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.


2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week


*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Song of the week


Your favourite time of the year.

One way you like to relax after a long day.

3 buildings you would like to visit but haven't yet.

A celebrity that inspires you.

Your Power/Confidence song

This week I...		
Was upset by	Spent time with	Enjoyed eating
Listened to	Struggled with	Completed

ACADEMIC REFLECTION

Week 6: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things you look for in a friendship

A trend you are currently enjoying.

--

A trend you think should be banned.

--

2 things you look for in a good film

The last book you read.

--

This week I...

Was upset by

Spent time with

Enjoyed eating

Listened to

Struggled with

Completed

ACADEMIC REFLECTION

Week 7: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things you are better at
now then you were last year.

Something new that has
entered your life this week

--

Something that you find
extraordinary

--

2 skills you would like to
improve.

Something you find beautiful
in the world

--

This week I...

Saw

Felt

Enjoyed Eating

Read

Helped

Studied

ACADEMIC REFLECTION

Week 8: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 words to describe your week

Highlight of the month

--

A person who has a unique place in your life.

--

2 things you would like to learn to do but are not currently.

Someone who made you smile this week.

--

This week I...

Talked about	Didn't like	Changed
Indulged in	Struggled with	Enjoyed

ACADEMIC REFLECTION

Week 9: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 Things that make you feel powerful

2 things you are grateful for this week.

Favourite place to visit

--

My favourite way to spend the day is...

--

Best gift you have ever received.

--

This week I...

Wondered about

Helped

Felt

Laughed out loud at

Worked hard on

Didn't like

ACADEMIC REFLECTION

Week 10: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

3 things you would put in
Room 101

What would be your theme
song?

--

What scares you most?

--

What is your greatest
academic success so far?

--

2 things that upset you.

This week I...

Struggled with	Visited	Spent time with
Heard	Felt	Appreciated

ACADEMIC REFLECTION

Week 11: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

3 people (dead or alive) you would like to have dinner with.

What is your life motto?

--

What would be your theme song?

--

3 things you wish others knew about you.

This week I...

Asked for help with

Talked about

Learnt

Indulged in

Listened to

Smiled at

ACADEMIC REFLECTION

Week 12: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Song of the week



3 things you would take to a desert island (no people or food)

What habit would you like to break.

--

What words do you need to hear right now?

--

3 things that make you happy.

This week I...

Worried that

Observed

Changed

Saw

Helped

Read

ACADEMIC REFLECTION

Week 13: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

Song of the week



2 things you have done for someone else.

One piece of advice you would give your self 12 months ago.

Who has had the biggest impact on your life?

Your 3 favourite foods.

Something you have given up on.

This week I...		
Worked out that	Felt	Struggled with
Loved	Decided	Stressed about

ACADEMIC REFLECTION

Week 14: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things I have failed at

What have you done recently just for yourself?

--

What worries you about the future?

--

3 things you will never try.

Who do you turn to when you need support?

--

This week I...

Talked about	Worked hard at	Studied
Enjoyed	Watched	Visited

ACADEMIC REFLECTION

Week 15: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Song of the week



2 things you are most proud of

What do you wish you had more time for?

--

What is your favourite piece of clothing?

--

What is your favourite way to spend a day?

--

What is causing you stress at the moment?.

--

I feel most energized when...

--

This week I...

Let go of

Didn't like

Heard

Tasted

Asked for help with

Giggled at

ACADEMIC REFLECTION

Week 16: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the
week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Song of the
week



2 things you are grateful for
this week.

Who has inspired you this
week?

--

Favourite TV show.

--

If you won the lottery what
would be the first 3 things you
would buy?

What one thing are your
really good at?

--

This week I...

Wondered about

Appreciated

Worried about

Laughed out loud at

Spent time with

Listened to

ACADEMIC REFLECTION

Week 17: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 people can turn to when
you need help and support.

Something that doesn't make
sense to you

--

One thing you do when you
are stressed.

--

3 things I have been thinking
about this week,

Someone who has helped
you out this week.

--

This week I...

Completed

Worked hard on

Enjoyed taking part in

Decided

Changed

Challenged myself to

ACADEMIC REFLECTION

Week 18: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things you've never done
but would love to try.

2 things that make you smile
in the world

3 things you like about this
time of year

Something that makes you
giggle

--

Someone who has helped
you out this week.

--

This week I....

Saw

Heard

Decided

Felt

Appreciated

Worked hard on

ACADEMIC REFLECTION

Week 19: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.


3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.


A word to describe your learning this week.

Person of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

Song of the week



One thing you are passionate about.

That excites you about the future.

3 things you are curious about:

What worries you about the future.

What food can you not stand?

This week I...		
Played	Asked for help with	Worked out that
Talked about	Learnt	Giggled at

ACADEMIC REFLECTION

Week 20: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Song of the week



2 things you are better at now than you were in September.

2 skills you would like to improve.

Something new that has entered your life this week

--

Something that you find extraordinary

--

Something you find beautiful in the world

--

This week I...

Saw

Felt

Enjoyed Eating

Read

Helped

Studied

ACADEMIC REFLECTION

Week 21: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 words to describe your week

Highlight of the month

--

A person who has a unique place in your life.

--

2 things you would like to learn to do but are not currently.

Someone who made you smile this week.

--

This week I...

Talked about

Didn't like

Changed

Indulged in

Struggled with

Enjoyed

ACADEMIC REFLECTION

Week 22: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

3 things cannot you not live without (no people or food)

What bad habit would you like to break.

--

What words do you need to hear right now?

--

3 things that make you happy.

This week I...

Worried that	Observed	Changed
Saw	Helped	Read

ACADEMIC REFLECTION

Week 23: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Song of the week



2 things that make you feel powerful

2 things you are grateful for this week.

Where is your calm place?

--

My favourite way to spend my free time is...

--

Who would play you in the movie of your life?

--

This week I...

Wondered about

Helped

Felt

Laughed out loud at

Worked hard on

Didn't like

ACADEMIC REFLECTION

Week 24: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things you are grateful for
this week.

Who has inspired you this
week?

--

What do you love about life?

--

Three things you have done
this week to help others.

When do you feel most
confident?

--

This week I...

Wondered about

Appreciated

Worried about

Laughed out loud at

Spent time with

Listened to

ACADEMIC REFLECTION

Week 25: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things that scare you

2 things that really get on your nerves

3 things you would change about the world.

What would your superpower be?

--

Someone who has inspired you this week.

--

This week I....

Talked about

Didn't like

Changed

Indulged in

Struggled with

Enjoyed

ACADEMIC REFLECTION

Week 26: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the
week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Song of the
week



2 things I have failed at
recently

What have you done
recently just for yourself?

--

What worries you about the
future?

--

3 things you would love to try.

Who do you turn to when you
need support?

--

This week I...

Talked about	Worked hard at	Studied
Enjoyed	Watched	Visited

ACADEMIC REFLECTION

Week 27: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things you have done for someone else.

What is your biggest strength?

--

Who have you admired this week and why?

--

What three traits do you admire in other people?

What has caused you to laugh out loud this week?

--

This week I...

Worked out that

Felt

Struggled with

Loved

Decided

Stressed about

ACADEMIC REFLECTION

Week 28: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.


A word to describe your learning this week.

Person of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

Song of the week



2 people can turn to when you need help and support.

Your wish for the future.

One thing you do when you are stressed.

3 things I have been thinking about this week,

Someone who has helped you out this week.

This week I...		
Completed	Worked hard on	Enjoyed taking part in
Decided	Changed	Challenged myself to

ACADEMIC REFLECTION

Week 29: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Something you are passionate about.

That excites you about the future.

3 things that pick you up when your feeling down.

What worries you about the future.

What would you like to be remembered for?

This week I...

Played

Asked for help with

Worked out that

Talked about

Learnt

Giggled at

ACADEMIC REFLECTION

Week 30: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

What is your ultimate comfort food?

Your dream holiday destination

3 people who light up your day.

A little thing that makes a bad day better.

What would be the title of your autobiography?

This week I...

Visited

Started

Finished

Wondered about

Observed

Smiled about

ACADEMIC REFLECTION

Week 31: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 words to describe your week

2 things that bring you joy to your life.

Highlight of the month

--

A person you trust completely.

--

Someone who made you smile this week.

--

This week I...

Talked about

Didn't like

Changed

Indulged in

Struggled with

Enjoyed

ACADEMIC REFLECTION

Week 32: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

Song of the week



2 things you are grateful for this week.

Who has inspired you this week?

What do you love about life?

Three things you have done this week to help others.

When do you feel most confident?

This week I...		
Wondered about	Appreciated	Worried about
Laughed out loud at	Spent time with	Listened to

ACADEMIC REFLECTION

Week 33: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 people can trust to help
you when you need it.

3 things I have been thinking
about this week,

Something you are proud of
this week.

--

Someone who has helped
you out this week.

--

One thing you do when you
are stressed.

--

This week I...

Completed

Worked hard on

Enjoyed taking part in

Decided

Changed

Challenged myself to

ACADEMIC REFLECTION

Week 34: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the
week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

Song of the
week



2 things you've never done
but would love to try.

2 things that make you smile
in the world

3 things you like about this
time of year

Something that makes you
giggle

--

Someone who has helped
you out this week.

--

This week I....

Saw

Heard

Decided

Felt

Appreciated

Worked hard on

ACADEMIC REFLECTION

Week 35: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

Song of the week



3 things you want to celebrate about your self.

What is your greatest academic success so far this year?

What is your goal in life?

What inspires you?

2 things that upset you this week.

This week I...		
Struggled with	Visited	Spent time with
Heard	Felt	Appreciated

ACADEMIC REFLECTION

Week 36: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things you have done for someone else.

One thing you would like to work on about yourself.

--

Who has inspired you this week?

--

What three traits do you admire in other people?

What has caused you to laugh out loud this week?

--

This week I...

Worked out that

Felt

Struggled with

Loved

Decided

Stressed about

ACADEMIC REFLECTION

Week 37: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things I have failed at recently

What have you done recently just for yourself?

--

What worries you about the future?

--

3 things you would love to try.

Who do you turn to when you need support?

--

This week I...

Talked about	Worked hard at	Studied
Enjoyed	Watched	Visited

ACADEMIC REFLECTION

Week 38: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

2 words to describe your week

2 things you would like to learn to do but are not currently.

Highlight of the month

--

A person whose opinion you respect most.

--

Someone who made you smile this week.

--

This week I...

Talked about

Didn't like

Changed

Indulged in

Struggled with

Enjoyed

ACADEMIC REFLECTION

Week 39: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.


A word to describe your learning this week.

Person of the week



TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES

Song of the week



2 things you do each day just for you.

What is your favorite memory

One thing you need to let go of.

3 things I have been thinking about this week,

Someone who has helped you out this week.

This week I...		
Completed	Worked hard on	Enjoyed taking part in
Decided	Changed	Challenged myself to

ACADEMIC REFLECTION

Week 40: _____

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

3 things you accomplished this week.

2 Challenges you faced this week.

A highlight from your lessons this week.

A word to describe your learning this week.

Person of the week



Song of the week



*TIME TO LET YOUR
MIND WANDER
AND SEE WHERE IT
GOES*

2 things you look for in a friendship

A trend you are currently enjoying.

--

A trend you think should be banned.

--

2 things you look for in a good book

The last film you watched.

--

This week I...

Was upset by

Spent time with

Enjoyed eating

Listened to

Struggled with

Completed
