

# STUDENT SELF REFLECTIONS



QUICK AND EASY WAY TO CHECK IN  
WITH STUDENTS AND REFLECT



**Easy & meaningful**  
student check ins



**22** different reflection  
sheets



**22** open ended writing  
sheets for each  
check in



**2 versions included:**  
smileys & numbers




**Teacher tips & book**  
**list** recommendations



# ↓WAYS TO USE↓

## 1:1 STUDENT CHECK IN

**ACCEPTANCE OF OTHERS SELF REFLECTION** 


I try to include others.	1 2 3 4 5
I don't make fun of others, even when they are different from me.	1 2 3 4 5
I work and play with different students, not just my friends.	1 2 3 4 5
I only laugh with others, not at them.	1 2 3 4 5
I walk away from negative conversations about others.	1 2 3 4 5
I stand up for others, even if they aren't my friends.	1 2 3 4 5
I enjoy spending time with everyone, not just my friends.	1 2 3 4 5
I understand how words and actions can make others feel.	1 2 3 4 5

I SHOW ACCEPTANCE OF OTHERS BY...

I INCLUDE OTHERS BY...



## CLASS DISCUSSIONS

**CLASS LEADERS SELF REFLECTION** 

I go along with whatever my friends do, even if I know it is wrong.	1 2 3 4 5
I enjoy working with a group and taking a leadership role.	1 2 3 4 5
I share my ideas, but also listen to what others have to say.	1 2 3 4 5
I want everyone to feel included and valued.	1 2 3 4 5
Group work is fun to me.	1 2 3 4 5
I try to be a good role model for others at school and at home.	1 2 3 4 5
I want to be successful at school.	1 2 3 4 5
I want others to be successful at school.	1 2 3 4 5
I do the right thing, even when no one is looking.	1 2 3 4 5

I CAN SHOW LEADERSHIP IN THE CLASSROOM BY...

I CAN BE A LEADER OUTSIDE OF THE CLASSROOM BY...

**GROWTH SELF REFLECTION**

I understand how a growth mindset works.

I have a growth mindset.

I give up when things are too difficult.

I work at something until I am successful.

I have a fixed mindset.

I don't get discouraged easily.

I think a growth mindset helps me improve.

Failing makes me want to quit.

Making mistakes is okay with me.

I HAVE A GROWTH MINDSET.

IF SOMETHING IS CHALLENGING...

# ↓WAYS TO USE↓



**MORNING MEETINGS**



**END OF DAY WRAP UP**

# ↓WAYS TO USE↓



## CONFLICT RESOLUTION SELF REFLECTION

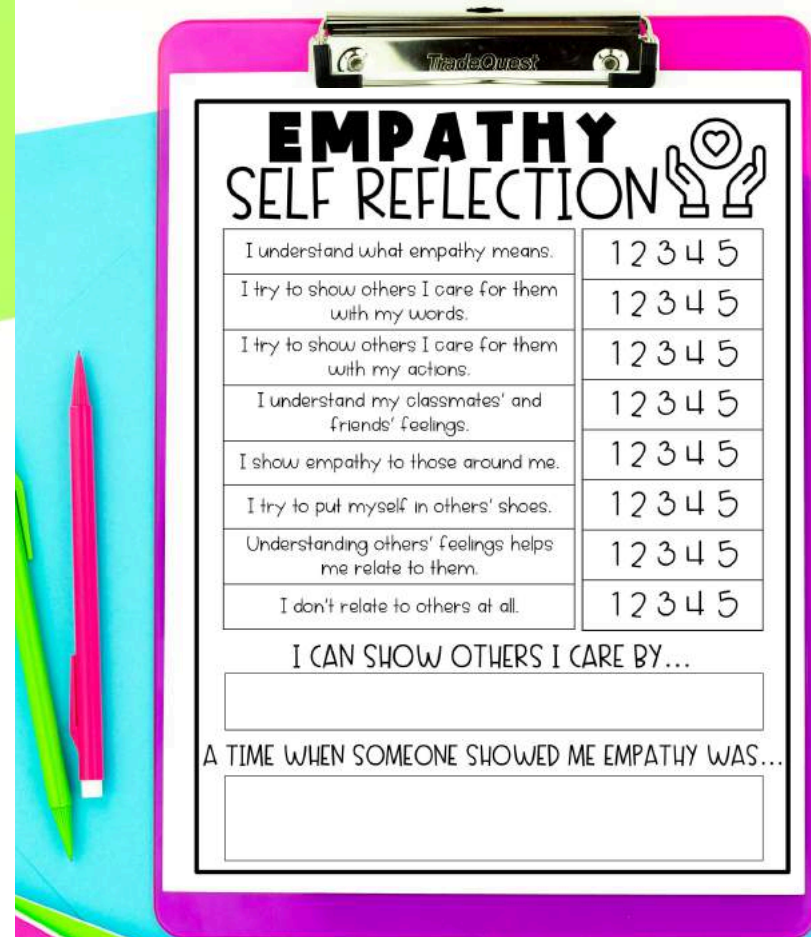
I listen to others, even when I think they are wrong.	☹️ 😐 😊
I want everyone to be happy with the resolution.	☹️ 😐 😊
I work to find a resolution when my friends and I disagree.	☹️ 😐 😊
I do my best to understand other's ideas and perspectives.	☹️ 😐 😊
I feel like disagreements are <u>never</u> my fault.	☹️ 😐 😊
I want everyone to think like I do.	☹️ 😐 😊
I argue with my friends a lot.	☹️ 😐 😊
I often feel upset after a conflict or argument with my friends.	☹️ 😐 😊
I have a conflict with someone at school often.	☹️ 😐 😊

WHEN I AM INVOLVED IN A CONFLICT, I FEEL...

WHEN I RESOLVE A CONFLICT, I FEEL....



## SEL LESSONS



## EMPATHY SELF REFLECTION

I understand what empathy means.	1 2 3 4 5
I try to show others I care for them with my words.	1 2 3 4 5
I try to show others I care for them with my actions.	1 2 3 4 5
I understand my classmates' and friends' feelings.	1 2 3 4 5
I show empathy to those around me.	1 2 3 4 5
I try to put myself in others' shoes.	1 2 3 4 5
Understanding others' feelings helps me relate to them.	1 2 3 4 5
I don't relate to others at all.	1 2 3 4 5

I CAN SHOW OTHERS I CARE BY...

A TIME WHEN SOMEONE SHOWED ME EMPATHY WAS...


## CHARACTER EDUCATION

# ↓WAYS TO USE↓

**GROWTH MINDSET SELF REFLECTION** 

I understand how a growth mindset works.	  
I have a growth mindset.	  
I give up when things are too tough.	  
I work at something until I am successful.	  
I have a fixed mindset.	  
I don't get discouraged easily.	  
I think a growth mindset helps me improve.	  
Failing makes me want to quit.	  
Making mistakes is okay with me.	  

**I HAVE A GROWTH MINDSET WHEN...**  
*I solve problems incorrectly but find a new strategy to use!*  
**IF SOMETHING IS CHALLENGING, I...**  
*get frustrated at first but then I problem solve.*

**SELF CONTROL SELF REFLECTION** 

I show self control when I feel calm.	1 2 3 4 5
I show self control when I am upset.	1 2 3 4 5
I have strategies to remain in control of myself.	1 2 3 4 5
I know how to control my own actions.	1 2 3 4 5
I choose to show self control at school.	1
I show self control at home.	1
I know my actions have consequences.	1

**I SHOW SELF CONTROL AT SCHOOL**  
*raising my hand instead of blurting out.*

**I SHOW SELF CONTROL AT HOME**  
*letting my sister play with my toys.*

**REPORT  
CARD TIME**

**WRITE ABOUT IT!**   
**SHOWING COURAGE**

Who is someone that you think always shows courage?

**STUDENT LED  
CONFERENCES**

# 22 DIFFERENT TOPICS FOR STUDENTS TO REFLECT ON

**CLASS LEADERS**  
SELF REFLECTION 

**ACCEPTANCE OF OTHERS**  
SELF REFLECTION 

I try to include...

I don't make fun of others they are different.

I work and play with different people, not just my friends.

I only laugh with others...

**AFTER A SUBSTITUTE**  
SELF REFLECTION 

substitute

expectations in my class

substitut

ies to fol when u acher.

when a si resent.

**CONFLICT RESOLUTION**  
SELF REFLECTION 

I listen to others, even when I think they are wrong.

I work with the...

when my se...

her's ideas

**ACTIVE LEARNER**  
SELF REFLECTION 

I look at the person who is talking.

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

**CLASS EXPECTATIONS**  
SELF REFLECTION 

I know what the classroom expectations are.

I follow our classroom ex without reminder

I understand what the cl expectations mea

expectations to me.

ssroom expec

**SHOWING COURAGE**  
SELF REFLECTION 

I think I am a courageous person.

I try to show courage, even when something seems scary.

**EMOTIONS**  
SELF REFLECTION 

triable sharing how I feel with others.

name different emotions.

ow to handle big emotions.

escribe how I am feeling.

**GROWTH MINDSET**  
SELF REFLECTION 

I understand how a growth mindset works.

I have a growth mindset.

**EMPATHY**  
SELF REFLECTION 

I understand what empathy means.

I try to show others I ca with my word

I try to show others I ca with my actor

I understand my classr

**FOLLOWING DIRECTIONS**  
SELF REFLECTION 

I follow directions the first time they are

**FRIENDSHIP**  
SELF REFLECTION 

I have friends.

Other people consider me

I like to have lots of

I am okay with only ha friends.

I don't want my friends t friends.

Friendship is importar

I feel like I am a goo

I can count on my friend for me.

I am there for my friend need me.

FRIENDSHIP

**GOAL SETTING**  
SELF REFLECTION 

I set goals for myself.

I keep my goals in mind each day.

I work hard to meet my goals.

I have goals for school.

I have goals for outside of school (sports, home, etc.).

I want to achieve my goals.

**HONESTY**  
SELF REFLECTION 

I think telling the truth is easy.

I always tell the truth, even when it is hard.

I am trustworthy because I am honest.

Being honest is impo

**PERFECT FOR SOCIAL EMOTIONAL LEARNING**

# BEST THINGS ABOUT USING STUDENT SELF REFLECTION SHEETS



## SELF CONTROL SELF REFLECTION



I show self control when I feel calm.	1 2 3
I show self control when I am upset.	1 2 3
I have strategies to remain in control of myself.	1 2 3
I know how to control my own actions.	1 2 3
I choose to show self control at school.	1 2 3
I show self control at home.	1 2 3
I know my actions have consequences.	1 2 3

I SHOW SELF CONTROL AT SCHOOL BY

I SHOW SELF CONTROL AT HOME BY...

## KINDNESS SELF REFLECT

I try to be kind to my friends.

I try to be kind to everyone, even if they aren't my friend.

I think kindness is an important character trait.

I like when others are kind to me.

I go out of my way to be kind to others.

I care about others' feelings.

I think kindness can be big or small.

I am kind with my actions and my words.

I AM KIND TO OTHERS BY

ONE ACT OF KINDNESS



Better understand students



Use over and over



Help students become self aware




Perfect for SEL lessons & character education lessons


# WAYS STUDENTS

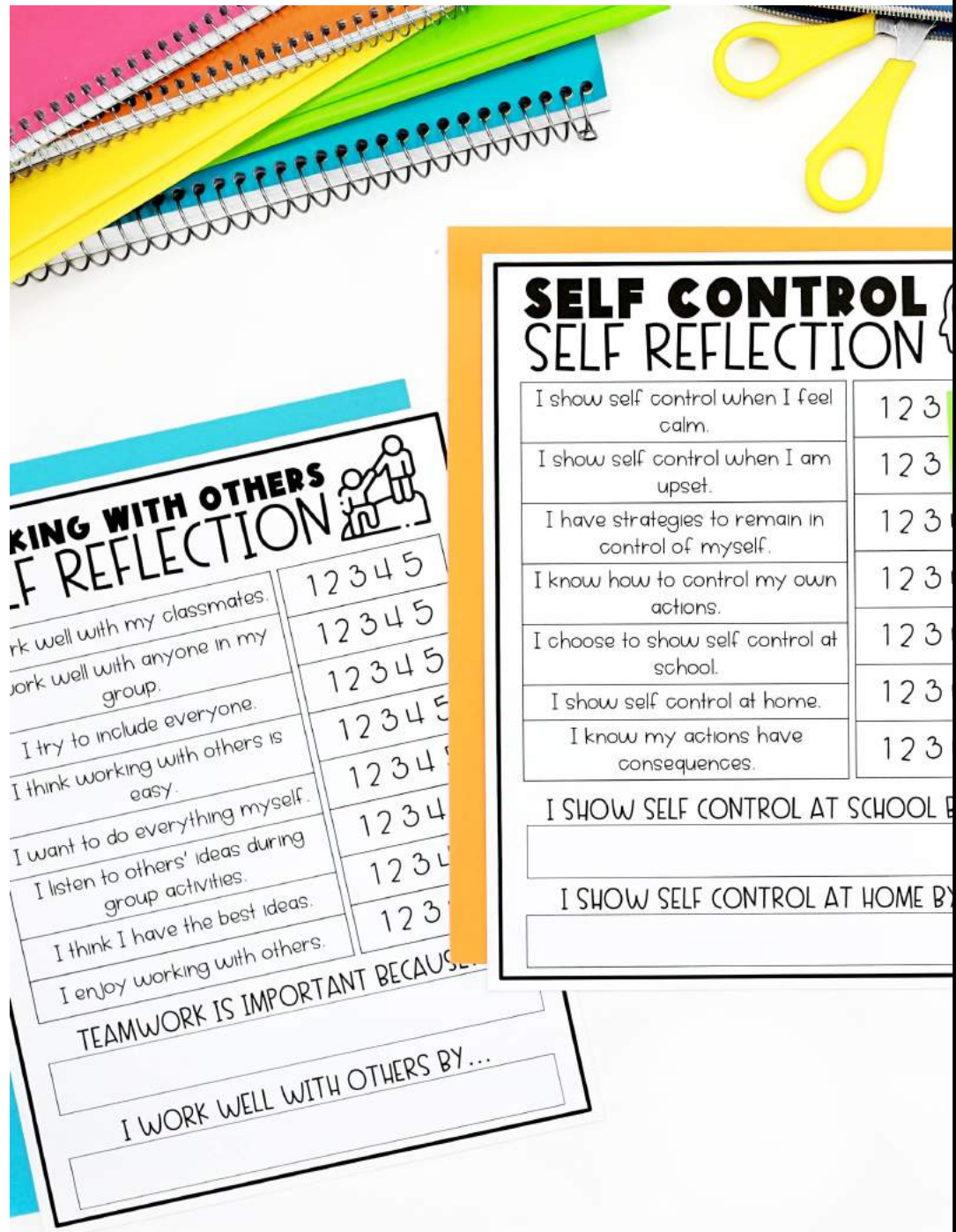
## BENEFIT FROM SELF REFLECTION SHEETS

 Identify strengths & growth

 Creates self awareness

 Identify areas to focus on

 Personal reflection





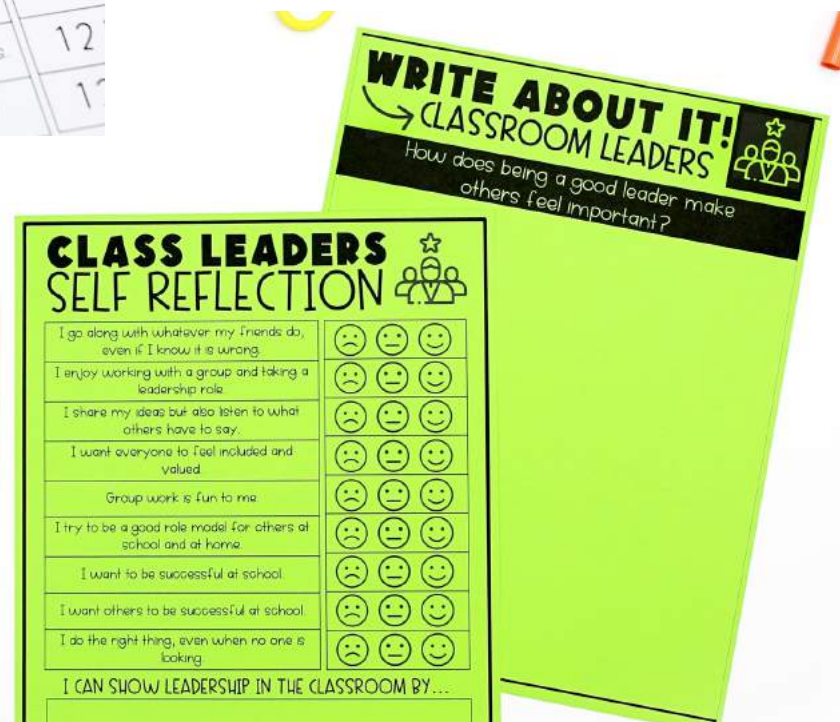
# TWO RESPONSE SCALE OPTIONS

Number scale  
from 1-5



Students circle  
their responses

Smiley scale with  
three options



# WRITING SHEETS

## ACCEPTANCE OF OTHERS SELF REFLECTION

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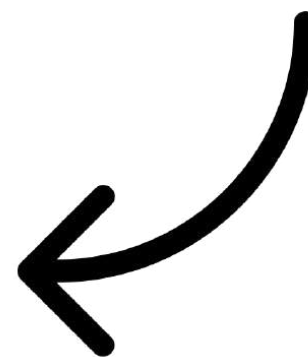
I SHOW ACCEPTANCE OF OTHERS BY...

I INCLUDE OTHERS BY...































## WRITE ABOUT IT! ACCEPTANCE OF OTHERS

What could you do if you notice a classmate playing alone at recess everyday?

Open ended questions to encourage writing and even more self reflection!



## ACTIVE LEARNER SELF REFLECTION

I look at the person who is talking.	  
I participate in lessons and activities appropriately.	  
I complete my work on time.	  
I am thinking about what my teacher is saying when he/she is teaching.	  
I do my own thinking and don't wait for someone else to say the answer first.	  
I have a quiet body when I am listening.	  
I ask appropriate questions at the right times.	  
I volunteer or raise my hand to answer questions.	  
I follow directions the first time correctly.	  
In group work, I stay on task with my group.	  

I SHOW I AM AN ACTIVE LISTENER BY...

HOW I COULD BE A BETTER ACTIVE LISTENER BY...

## WRITE ABOUT IT! ACTIVE LEARNER

How does being an active learner help you in school?

**EVERY SELF reflection sheet INCLUDES OPEN ended writing PROMPTS**

# EXTRAS INCLUDED!

Book lists for EVERY skill. 22 lists of books organized by skill!

## BOOK TITLES FOR ACCEPTANCE OF DIFFERENCES

- Where Oliver Fits by: Cale Atkinson
- The Brand New Kid by: Katie Couric
- The Name Jar by: Yangsook Choi
- The Circles Around Us by: Brad Johnson

CLICK HERE TO SEE ALL BOOKS!

## BOOK TITLES FOR ACTIVE LEARNING

- Be a Good Listener by: Tamara Johnson
- Focused Ninja: A Children's Book on Increasing Focus and Concentration and School (Ninja Life Hacks) by: Angela M. Johnson
- Listen up, Wonder Pup: A Kid's Book on Active Listening by: Angela M. Johnson
- The Most Magnificent Thing by: Ashley Spires

CLICK HERE TO SEE ALL BOOKS!

## BOOK TITLES FOR HAVING A SUBSTITUTE

- Substitute Teacher Plans by: Doug Johnson
- Substitute Creature by: Chris Gall
- Jamaica and the Substitute Teacher by: Juanita Havill

CLICK HERE TO SEE ALL BOOKS!

**CLICKABLE LINKS** make it **QUICK & EASY** to find **RECOMMENDED** books!

Teacher tips to give you even more ideas and helpful tips!

## TEACHER TIPS FOR USING STUDENT REFLECTIONS

- ✔ Use each reflection once throughout the year OR repeat as it fits your classroom needs.
- ✔ Have students share their reflections during a monthly morning meeting
- ✔ Use as classroom discussion starters
- ✔ Keep reflections in a student portfolio or folder so you can keep track of student progress on different topics
- ✔ Perfect for using when conferencing with students one on one to discuss their growth