

Reflection is...

...thinking about what I say, do, complete, take part in, join in with, it is paying attention to what is important, it is looking at what I have done to see if it is my best...

At home I could...

Complete my own 'Star Chart'...take the time to think about what I have done...talk about my day with an older family member...think about what I am good at, and know what I could do to become even better...think about what I need to improve at, and how I might do this...keep a journal of my progress as a learner...set personal goals and work towards them...

By being good at reflecting, I learn to...

- Be good at listening, thinking and sharing
- Identify what is being said, or shared
- Ensure I am always trying to become better at something
- Understand what I can do to get better
- Know what to do to become better at something
- Become really self-aware
- Know how I can support others
- Accept all forms of feedback