

The Direction of Reflection: Checking In on Me

1. Introduce the visual below and begin by pointing to the middle (Me). Remind students the activity is all about them and their thoughts, feelings, needs, wants, and what helps or gets in the way.
2. Have them start in the middle with, “*What am I thinking about right now?*” Note: Some students might start with “*What am I feeling right now?*” As a reminder, naming how they are feeling can be harder. If the student struggles to name a thought or a feeling, then this is probably not a good fit for teaching this concept.
3. Next, the direction of the reflection can take any path within the circle or on any point. It doesn’t have to include every icon, and you might end up generating your own discussion questions or icons from this exercise or lesson.

In the example below, the student responded by saying, “*I’m nervous about my 1st period quiz.*”



I’m nervous about my 1st period quiz.

So now the direction of the reflection, in this case, progressed in the following manner.

- What about my energy level? Am I tired or charged? *I’m ok.*
- What’s going on with my body? Am I hungry or thirsty? *I’m ok.*
- Do I need more information about the quiz? How would I get it?
 - *Maybe. I could ask my teacher.*
- Am I getting stuck on remembering how I did on the past quiz?
 - *Yes, I failed the last quiz because it was too long!*
- How am I feeling?
 - *I don’t know how long it will be, so I guess that’s why I’m nervous.*
- What’s my goal? Am I making gains or stuck?
 - *Pass the quiz. Feel ok about how I did.*

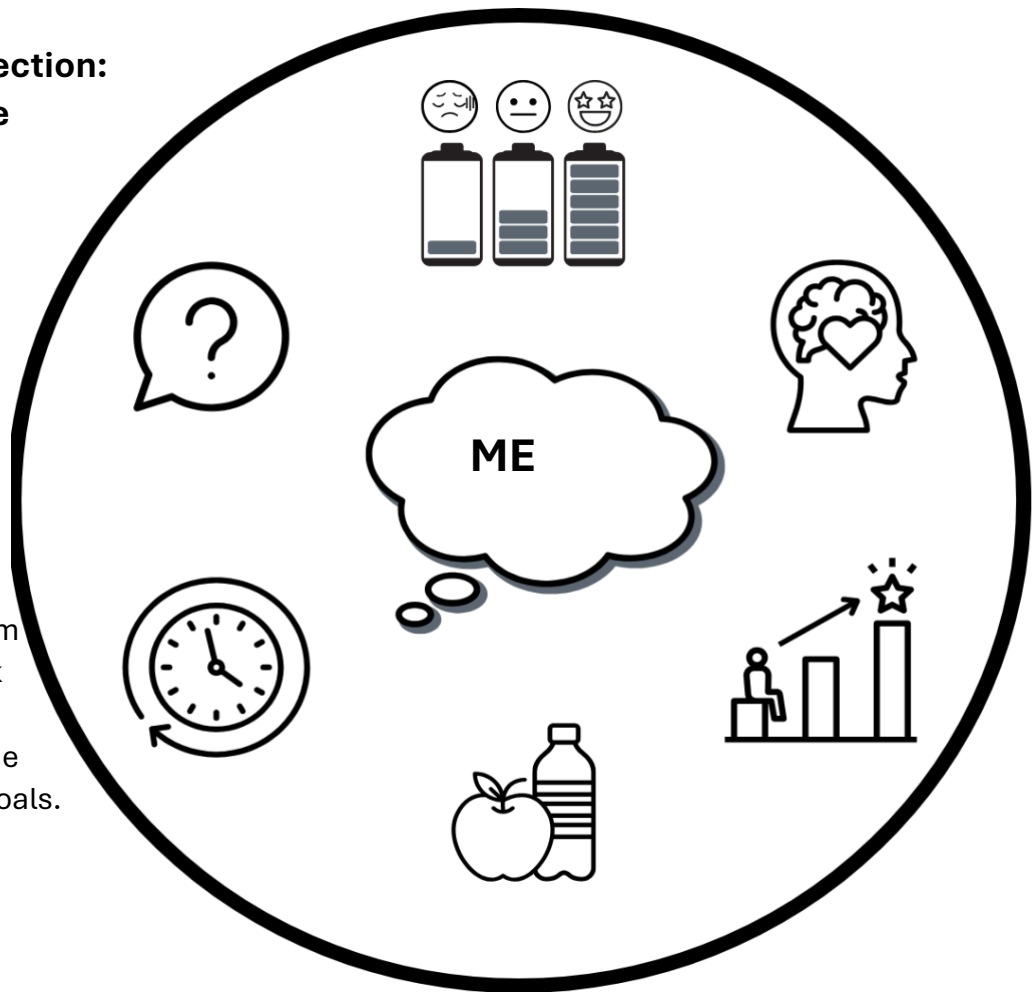
There is no right or wrong way to move around the circle and not all components may be relevant. But some students might need a more linear way of thinking about this process because the circle is just too open-ended. For these cases, we’ve provided a question grid to guide reflection or help with discussions. When using either tool, always consider which reflection component is the most relevant for that person, whether it makes sense to ask questions or make comments, and how long to spend talking about each.

**My Reflection Direction:
Checking In on Me**

Start in the middle.
Ask yourself,
“What am I thinking
about?”

Progress in any
order around the
circle.

Use the questions from
the grid below to think
about what might be
helping or getting in the
way of meeting your goals.



Me: What am I thinking about right now?

	Am I rested? Energized? Tired?
	How am I feeling?
	Am I hungry or thirsty?
	Do I need help or more information?
	Am I thinking about something that happened earlier? Going to happen later?
	What is my goal? What do I want? What do I need?

Next steps?