

Meta-skills Self-reflection Workbook



Name: _____




Class: _____

Focusing



Concentrating on what's important

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I follow my teachers Instructions first time

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I help other pupils learn by **not** distracting them

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I ignore other people's distractions so that I can concentrate on what I am doing

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I start and finish my work on time

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I take my time and try my hardest when I do my work

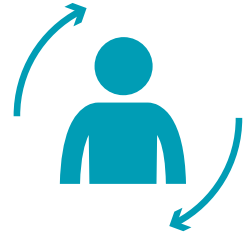
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Add your own statement below:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Is there anything you think you could improve?

Adapting



How well you adjust to change

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I can work with other people in a group

I can take turns and share with others when playing or working together

I can suggest different ways to do something when needed

I ask questions to understand a problem

I will try and reach an agreement on how to do things when working with others in my class

Add your own statement below:




Is there anything you think you could improve?

Integrity



Being respectful and staying true to yourself

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I treat other people with respect

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I understand that other people may have different ideas and different ways of doing things

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------

I remember and understand why we have rules in the classroom and in the playground

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------

I follow the rules in the classrooms and when playing games

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I understand that the way I behave may affect other people

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------

Add your own statement below:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Is there anything you think you could improve?

Initiative



How well you think for yourself

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I complete my work without supervision

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I am happy to try different ways of doing something

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------

I can think of new ways to do something and can explain it to others when working in a group

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------

I am confident about what I can do

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------

I volunteer to do something without being asked

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------

Add your own statement below:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Is there anything you think you could improve?

Communicating



How you express yourself, listen to others and share information

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I can explain and share information so that other people understand it

I like to tell stories or read stories out loud

I can listen quietly when other people are talking

I will ask questions to make sure I understand what is being said

I can use different ways of sharing or presenting information, including talking, artwork, writing, and IT

Add your own statement below:




Is there anything you think you could improve?

Feeling

Understanding how others are feeling



Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I treat other people with kindness when working or playing

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I recognise and understand when other people are sad or upset

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I understand that the way I behave can impact other people in a good way or a negative way

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I respect other people's views and ideas even when they are different from mine

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I try to help other people when I can

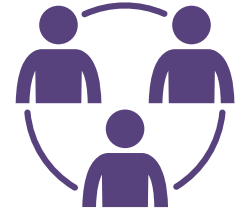
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Add your own statement below:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Is there anything you think you could improve?

Collaborating



How you work with others

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I like to work with other people to complete a task

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------

I help other people to do what is needed to complete something

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I like to take different roles and jobs in group work

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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When working in a group I will ask for and listen to other people's suggestion on how to do something better

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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When working with others I give positive feedback to others in the group

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Add your own statement below:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Is there anything you think you could improve?

Leading



Behaving in a way that sets an example and motivates others

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

When working in a group or playing I will help others to reach agreements

I understand that there are different roles and jobs when working in a group

I identify and think of ideas of how to solve problems and clearly explain these ideas with people I am working or playing with

I recognise and respect other people's feelings and ideas

I help and encourage others to take part in the group activity

Add your own statement below:




Is there anything you think you could improve?

Curiosity



Exploring different things, thinking, and asking questions

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I enjoy starting new tasks and activities

I enjoy learning about new and unfamiliar things

I ask questions to find out how things work

I listen to other people's ideas and combine them with my own to make new ways of doing things

I like to find information from different places and sources

Add your own statement below:




Is there anything you think you could improve?

Sense-making



How you recognise patterns in things around you

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I can organise and clearly explain information in different ways.

I try different ways to solve a problem or to find the best solution

I can identify when there is a problem and explain it so that other people understand

I can combine different subjects to create new ideas

I share my ideas and opinions and can explain why I have these ideas or opinions

Add your own statement below:




Is there anything you think you could improve?

Creativity



Thinking for yourself and thinking of new ways to do things

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I am excited by new ideas and situations

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I like to listen and share ideas with other people

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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When I make a mistake, I think about why it happened and try to find a different or better way of doing something

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I listen to other people's ideas and work together to make something new

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I use different resources to create pictures, stories or design and build objects

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Add your own statement below:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Is there anything you think you could improve?

Critical thinking



How you think and evaluate information

Using the faces below, draw which one best represents how *you* feel about each statement:

Always:  Most of the time:  Sometimes: 

Date: _____

I can combine information from different sources to solve a problem

I ask focused questions in order to understand what I have to do

I think about different ways I could complete a task before starting it

I make a plan before starting to work through a task and work through it step by step

I am able to explain how and why I am doing something

Add your own statement below:

Is there anything you think you could improve?
