



Year 8's Autumn Value



Reflection



Reflection is learning from your experiences so you can improve in the future.

For our Year 8 pupils, reflection allows them to take time to think carefully about their experiences, choices, actions and feelings. We encourage our pupils to understand that it's not about being negative, it's to allow them to learn from what has happened and understand how to improve.

Reflection is important because it helps our pupils grow as an individual and become more responsible for their choices.



Questions/talking points for home.

- What does reflection mean to you?
- Discuss their day – What went well? What could be better next time?
- Talk about the importance of learning from mistakes. Can you provide them with examples of mistakes others have made and how they overcame or improved because of them.
- What have you done recently that you are proud of?
- As you do into your final year, discuss things they would like to try or improve on.
- How can reflecting on situations help friendships and relationships?

The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**

Can you chat to an adult in school about things you would like to improve or work on across the year?

Have you tried something new recently which didn't go so well? Ask an adult for help to improve next time.

Don't forget to email your examples of being reflective with us for x5 merits!

