

# **Student Reflection Sheet**

## **When I Don't Feel Like Doing My Schoolwork**

### **1. How I'm Feeling Right Now**

- ☐ Tired
- ☐ Bored
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Unmotivated
- ☐ Something else: \_\_\_\_\_

### **2. What Feels Hard About This Work?**

- ☐ It feels too long
- ☐ I don't understand it yet
- ☐ I'm worried about making mistakes
- ☐ I don't like the subject
- ☐ I'm distracted
- ☐ I just need a break

### **3. What Do I Need Right Now?**

(Check one or two)

- ☐ Help getting started
- ☐ A shorter task
- ☐ A quick break
- ☐ A different place to work
- ☐ Encouragement
- ☐ More time

### **4. What Is One Small Step I Can Do?**

- ☐ Read the directions
- ☐ Write one sentence

- ☐ Complete one problem
- ☐ Set a 10-minute timer
- ☐ Ask one question

My first step is:

## **5. How I Feel After Trying**

- ☐ A little better
- ☐ Still struggling
- ☐ Proud I tried
- ☐ Ready to stop for now

## **6. One Thing I Want My Parent to Know**

### **Reminder**

Trying counts.

Learning takes time.

I don't have to do everything at once.