

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.