SEN & INCLUSION

My Thoughts, Feelings & Reactions

Understanding what happened, how I felt and what I was thinking.

1 What happened?



2 How did I feel?



3 What was going through my mind?



4 What did I do next?

5 What do I know is true?

6 What might I think or do differently next time?



A reflection worksheet for pupils. Adapt to suit your class.