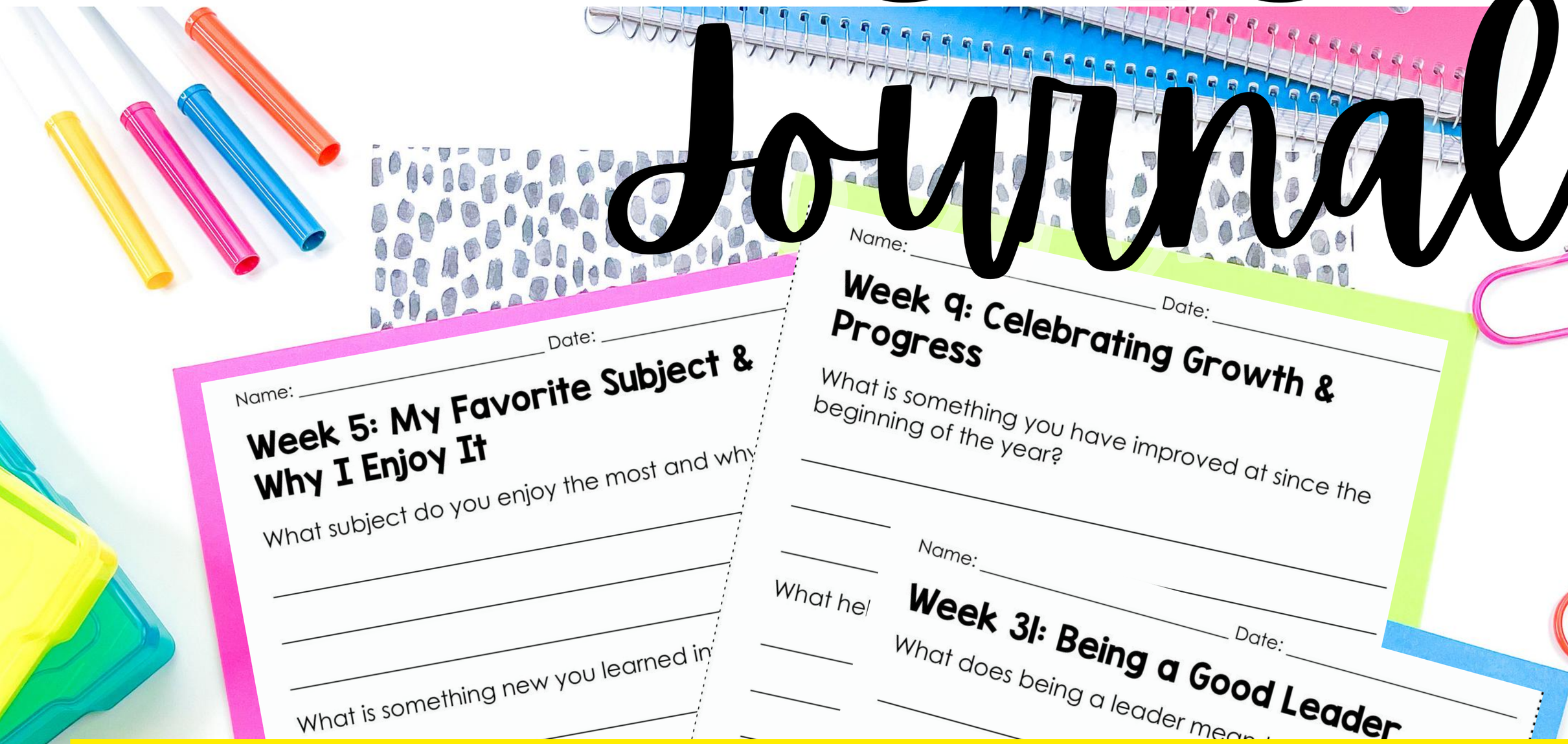
STUDENT REFLECTION Journal

GRADES 3-5



36 Weeks of Thoughtful Prompts

Name: _____ Date: _____

Week 30: Finding Joy in Learning

What is the most interesting thing you've learned this year?

When do you feel the most excited about school?

What is one way to make learning even more fun?



Gratitude: What is one thing you love about your school?

Name: _____ Date: _____

Week 31: Being a Good Leader

What does being a leader mean to you?

Have you ever been a leader in class or in a group?

What is one leadership skill you'd like to develop?



Gratitude: Write about someone in your life who is a great leader. What do you admire about them?

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✅ 36 Weekly Prompts

✅ Focus on Self-Awareness

✅ Gratitude in Every Entry

EACH WEEK INCLUDES

✏️ 3 Reflection Questions

❤️ 1 Gratitude Prompt



PERFECT FOR

- Weekly SEL Routines
- Morning Work
- Small Groups or Counseling

Name: _____ Date: _____

Week 6: My Learning Habits - Am I Using My Time Well?

When do I focus best during the school day?

What distracti

What is one wa

Gratit really

Name: _____ Date: _____

Week 6: My Learning Habits - Am I Using My Time Well?

When do I focus best during the school day?

Name: _____ Date: _____

Week 7: Handling Frustration & Staying Positive?

What frustrates you the most in school?

What are two ways you co something is frustrating?

What is one new strategy y

Gratitude: Write c someone feel be

Name: _____ Date: _____

Week 7: Handling Frustration & Staying Positive?

What frustrates you the most in school?

Name: _____ Date: _____

Week 8: Setting Goals & Taking Small Steps

What is one small goal you want to reach next week?

What is one step you

Who can help you st

Name: _____ Date: _____

Week 8: Setting Goals & Taking Small Steps

What is one small goal you want to reach next week?

Name: _____ Date: _____

Week 9: Celebrating Growth & Progress

What is something you have improved at since the beginning of the year?

What helped you improve?

Name: _____ Date: _____

Week 9: Celebrating Growth & Progress

What is something you have improved at since the beginning of the year?

What helped you improve?

Name: _____ Date: _____

Week 5: My Favorite Subject & Why I Enjoy It

What subject do you enjoy the most and why?

learned in this subject?

ourself more in this area?