

# REFLECTIVE JOURNALING

10 MINUTES AT THE START OF THE CLASS

**B** **W** **F** **L** **G** **G**  
**e** **o** **a** **e** **r** **o**  
**s** **r** **i** **a** **a** **a**  
**t** **s** **|** **r** **t** **|**  
**t** **t** **|** **n** **u** **|**

CLASSROOM  
ACTIVITY BOOK



A MARTYN KENNETH WORKBOOK

# **Reflective Journaling for the Classroom**

**Reflective Journaling for the Classroom  
A Martyn Kenneth Workbook**

**Copyright © 2020 Martyn Kenneth**

**ALL RIGHTS RESERVED**

**No part of this book may be used or reproduced in any manner whatsoever  
without written permission except in the case of brief quotations embodied in  
critical articles and reviews.**

# REFLECTIVE JOURNALING

10 MINUTES AT THE START OF THE CLASS

**B** **W** **F** **L** **G** **G**  
e o a e r a o  
s r i a t e f u  
t t l n u i

## ABOUT THIS BOOK

This workbook can be used at the beginning of a class for the first 10 minutes. Learners can reflect on their previous day, week, month or time since the last class and write down their highlights (Best) their low-points (Worst), something they failed at or tried to do or couldn't do (Fail). They then look at what they have learned: either in school or outside of the classroom (Learn) before writing down something they are grateful for (Grateful). Finally writing a personal goal for the next day, week, month or period until the next class will give learners focus(Goal). There is a box for tracking previous goals and a zero to ten star rating for the previous week.

By reflecting on their experiences learners can develop new insights and new language while the classroom will be filled with authentic and meaningful content that is rich and engaging.



Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

Goals from  
Last Class

Yes

No

I give this week



# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

Goals from  
Last Class

Yes

No

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆



# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

Goals from  
Last Class

Yes

No

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

I give this week



Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No



**BWFLGG**

The best thing that has happened since last class

**B**

The worst thing that has happened since last class

**W**

Something I failed at since last class

**F**

Something I learned since last class

**L**

Something I am grateful for since last class

**G**

My goal for the next week

**G**

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

\_\_\_\_\_

# BWFLGG

The best thing that has happened since last class

## B

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The worst thing that has happened since last class

## W

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Something I failed at since last class

## F

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Something I learned since last class

## L

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Something I am grateful for since last class

## G

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My goal for the next week

## G

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

\_\_\_\_\_

**BWFLGG**

The best thing that has happened since last class

**B**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The worst thing that has happened since last class

**W**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Something I failed at since last class

**F**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Something I learned since last class

**L**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Something I am grateful for since last class

**G**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My goal for the next week

**G**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆



# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

\_\_\_\_\_

**BWFLGG**

The best thing that has happened since last class

**B**

The worst thing that has happened since last class

**W**

Something I failed at since last class

**F**

Something I learned since last class

**L**

Something I am grateful for since last class

**G**

My goal for the next week

**G**

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

Goals from  
Last Class

Yes

No

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

Goals from  
Last Class

Yes

No

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

Goals from  
Last Class

Yes

No

I give this week





# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

Goals from  
Last Class

Yes

No

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

Goals from  
Last Class

Yes

No

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

# BWFLGG

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

I give this week



REFLECTIVE JOURNALING  
10 MINUTES AT THE START OF THE CLASS

Goals from  
Last Class

Yes

No

Date \_\_\_\_\_  
I'm feeling \_\_\_\_\_

**REFLECTIVE JOURNALING**  
10 MINUTES AT THE START OF THE CLASS

# BWFLGG

The best thing that has happened since last class

B

The worst thing that has happened since last class

W

Something I failed at since last class

F

Something I learned since last class

L

Something I am grateful for since last class

G

My goal for the next week

G

Goals from  
Last Class

Yes

No

I give this week ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆