



# LESSON WRAPPER



## Start of Lesson Reflections



Complete the checklist to the right. Then write a haiku in each of the boxes based on the titles.

Haikus are a form of poetry from Japan; they are only three lines long: the first line has 5 syllables, the second 7, and the third 5. Here's an example Haiku about autumn:

*Coolness fills the air  
Scarves and sweaters everywhere  
The autumn is here*

## Learning Checklist

I am well rested

I am well hydrated

I am well fed

I feel focussed

I feel positive

I feel healthy

I feel happy

I feel determined

I feel ambitious

I want to do well

I feel confident

I believe in myself

I know my targets

I enjoy these lessons

My State of Mind

My Attitude to Learning

Today's Obstacles

Today's Targets

Tips for Success

Progress in this Subject



This is a 'Lesson Wrapper' - just fill in this side of the worksheet at the start of the lesson and the reverse side at the end of it!

Doing this will help you to reflect on how to get more out of lessons, learn more, and maximise your learning power: this kind of reflection is called 'metacognition'.

Neatly fold and glue this section of your worksheet into your exercise book and complete this side now!



# LESSON WRAPPER



## End of Lesson Reflections



Complete the 'Top 3' charts, memory icons, and answer each question with 3 words!

Top 3 Things That Went Well	Top 3 Mistakes I Made	Top 3 Targets to Improve

Draw a simple icon or picture to represent...	My attitude in today's lesson...	What I should have done differently...	How things are going in this subject overall...
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What style of thinking helps one to make progress in this subject?			
What is the most challenging aspect of this course?			
What is the best state-of-mind for learning?			
What are the main distractions that stop you from focussing?			
What can one do outside of lessons to maximise learning?			
What are your three biggest obstacles to learning in these lessons?			
Which skills are the most important for success in this subject?			