

Reflective Writing Do Nows

Start each day with some reflection to develop self-awareness! Once copied and cut out, these strips can be stapled into notebooks and students can respond below them.

Think about your best friend. Describe them. How do they make you feel?

Think about the happiest moment of your life. Describe it. What made it such a happy moment for you?

What makes you feel calm and/or at peace?

What are some things that you like about yourself? What do you dislike about yourself?

What is something that you can do today that you couldn't do last year?

Name something or someone that you feel that you could never live without. Why do you feel this way?

What does courage mean to you? Describe a time that you were courageous.

What do you look forward to most in the future? Why are you looking forward to this?

Think about something about yourself that you would like to improve. Describe it and list some ways in which you could try to strengthen this trait.

What is the best compliment you have ever been given? Who gave this compliment to you? How did it make you feel?

Think about a challenge that you have had to overcome. Describe it and explain the steps you took to rise above the struggle.

Use your five senses to describe what your perfect day would be like.

Think about a time that you felt proud of yourself. What did you do that made you feel pride?

If you had two extra hours at the end of today, how would you spend them?

What is a problem that you haven't been able to stop thinking about? How can you resolve this problem?