WRITING TO REFLECT

Reflective writing can help you set goals and learn from experiences. Sometimes if we are worried or unsure about something, writing it down can help. Below are some reflective ideas. You may choose a new idea each day or focus on just one idea over time, e.g. a gratitude journal or diary might be something you write in every day.

What you will need:

- paper and pen
- journal or notebook (optional)
- computer or device (optional).

What to do:

1. Choose a reflection idea from the grid below.
2. Aim to write for about 20-30 minutes each day.
3. You may also want to include drawings or photos.
4. Use a variety of interesting and descriptive words in your writing.

What learning is happening:

- developing and extending your vocabulary
- reflecting and making goals used in writing
- extending critical thinking skills.

Links to more information:

- Learning at home[^1] on the Department of Education website

## Reflective Writing Ideas:

<table>
<thead>
<tr>
<th>Spread a Positive Message</th>
<th>Gratitude Journal</th>
<th>Start a Diary</th>
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</table>
| Write a positive message or thank you note to a family member or friend. | Write down or draw 3 things you are grateful for each day.  
Add some images to your journal. | Decorate and customise your diary to reflect who you are.  
Write journal entries about your day and how you are feeling.  
Add some images or drawings. |

<table>
<thead>
<tr>
<th>Photo or Drawing Journal</th>
<th>Health Diary</th>
<th>Movie or Book Review</th>
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| Take a photo or draw a picture each day.  
Write a caption describing the image - use interesting and descriptive language. | Create some weekly goals around your health and wellbeing.  
Create a meal and exercise plan for the week.  
Reflect and write down your progress each day. | Think about a book or movie you recently read or watched.  
Explain what it was about and why you enjoyed, or disliked, the book or movie. |

<table>
<thead>
<tr>
<th>Set a Goal to Learn a New Skill</th>
<th>What Have You Learnt Today?</th>
<th>Make a List of 10 Things That Make You Happy</th>
</tr>
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</table>
| Plan the steps you will need to take to master the skill.  
Make some notes each day on your progress towards your goal. | Write down 3 things you have learnt today.  
How might this help you in the future? | Take action and do something on your list today. |