

Social Emotional Learning
Ms. Oatley

Daily Reflection Page

MIND * BODY * SOUL

By: _____



Write a paragraph and/or draw a picture to reflect on your day:

1. Mind- What did you do today that supported your learning?

Example: Read a book, completed an academic lesson, learned something new

2. Body- What did you do today to keep your body healthy?

Example: Ate a healthy meal, exercised, deep breathing

3. Soul- What did you do to make today a better place?

Example: Did a kind act, practiced a hobby, chores around the house

Note to Parents/Guardians:

Dear Parents, I need your help! Along with student's Exercise Calendars, I am asking that you work with your children to complete a daily reflection to further their social emotional learning. I am hoping to collect these when we come back together again and make them into a journal to look back on. Here is another way to remain on a schedule and hold children accountable for their academic responsibility. I will be making myself available for office hours from 9:00am-1:00pm if you have any questions, concerns, or need further resources! I want to be a support for you in these difficult times in any way I can.

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Resource List: