

Reflection



- What have been the highlights of your summer? What are the experiences or memories you'd like to 'bottle' and keep with you through the coming year?
- Are there any strategies you can put in place to give you the headspace you need to do the year well? Daily exercise? Prioritising time with family and friends? Making time to keep a journal or do something creative?
- Are there any unhelpful habits you've developed which you'd like to shed, so you can be the best version of yourself you can be? Is there anyone who could help you with this?
- We're used to looking back and reflecting at the end of the school year – what about the start of a new one? What are your hopes and dreams for the year ahead? What are you anxious about? Who could you share your thoughts and feelings with?
- These weekly reflections will offer you a few minutes to pause and reflect, maybe to get a new perspective on something, or to re-energise you for the task ahead.

'We all need to get the balance right between action and reflection. With so many distractions, it is easy to forget to pause and take stock.'

Queen Elizabeth II