

PUPIL REFLECTION SHEET

What happened, what did I notice, what might I do next?

Suitable for:	Upper primary and secondary	Time:	10–15 minutes
Format:	Individual reflection	Evergreen:	Yes

Take a few minutes to think about what you have explored today.

There are no right answers. You do not have to share anything personal.

1. Something that made me think

One idea, moment or question that stayed with me was:

2. Something I noticed

Something I noticed about bullying, groups, silence or support was:

3. What can make things difficult?

One reason somebody might find it difficult to speak up or ask for help is:

4. What can help?

One thing another person could do that might make a situation safer or easier is:

5. The people around us

Complete one of these:

Someone watching can make a difference by...

or

A group can help when...

6. What would I want from an adult?

If I needed to talk about something difficult, one thing that would help an adult listen well would be:

7. One thing I might take from today

After today, one thing I might notice, think about or do differently is:

Optional private question

Is there anything from today that you would like to talk about with a trusted adult?

☐ No

☐ Maybe

☐ Yes

If **Maybe** or **Yes**, you can choose who you would like to talk to.

This answer should only be collected by staff if the school has a clear process for responding to it. Otherwise pupils should be encouraged to speak directly to a trusted adult rather than handing in the sheet.

Reflection does not have to give us an answer. Sometimes it helps us notice a better question.