Choose a reflection question from the library, or write your own.

Record your reflection and share it with students.

Validate each student’s reflection by responding with a short message.

Review student responses to the question.

Build meaningful connections and nurture strong teacher-student relationships.

Connections begin when you choose a question that:
- you like or you think your students will enjoy
- feels relevant today
- will start a conversation in advance of a class, or as a follow-up

Sharing your own reflection with students:
- gives you an opportunity to model reflecting for students
- helps students get to know you and build a foundation of mutual trust
- encourages students to share their own reflections with you

As you review student responses to a question, you:
- gain valuable insights about your students as individuals and your class as a whole
- can capture those insights as you review responses

Validating student reflections by responding with a quick comment:
- lets students know you reviewed their response
- shows you care by making each student feel seen and heard
- strengthens your connection and builds trust

Take a few minutes to synthesize what you learned about your students as individuals and your class as a whole. You may decide to:
- follow up with a related question to one, some, or all students
- browse the Library for an activity to use with one or more students
- follow up 1:1 with students to provide targeted support

Synthesize what you learned and decide how to follow up.