

PEN AND PAPER.

THIS ACTIVITY PROMOTES REFLECTION BY HAVING THE STUDENTS WRITE A LETTER TO THEMSELVES ABOUT WHAT THEY HAVE LEARNT DURING THE LESSONS. THE LETTERS ARE COLLECTED BY THE TEACHER AND THEN RETURNED TO THE STUDENTS SIX MONTHS LATER, WHEN THEY ARE ABLE TO REFLECT ON THEIR INITIAL THOUGHTS AND THE RELEVANCE OF THEIR LESSONS.

PROVIDING A SELECTION OF THEMES OR QUESTIONS FOR THE STUDENTS TO FOCUS ON CAN IMPROVE THE QUALITY OF THE LETTER WRITING. THIS CAN INCLUDE AN EVALUATION OF THEIR STRENGTHS AND WEAKNESSES IN AREAS SUCH AS ACADEMIC, SOCIAL OR PHYSICAL AREAS OF THEIR LIVES. THEY CAN THEN PLAN STRATEGIES TO MAINTAIN THEIR STRENGTHS AND IMPROVE ANY WEAKER AREAS.



