

# Lesson Reflection Template

*Designed to nurture teacher confidence by celebrating successes and adaptive responses.*

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## 1. Basic Lesson Information

Date: \_\_\_\_\_

Time/Period: \_\_\_\_\_

Lesson Topic/Focus: \_\_\_\_\_

Objectives / Learning Outcomes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 2. Positive Moments & Small Wins

**Prompt:** Celebrate the moments that went well, however small. This builds confidence by recognizing your strengths and affirming your instincts.

What Went Well:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 3. Challenges & How You Responded

**Prompt:** It's not about avoiding mistakes—it's about how we deal with them. Reflect on your in-the-moment responses to setbacks to highlight your adaptability.

What Went Wrong or Differed from Plan:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**How You Responded or Adapted in the Moment:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **4. Confidence Gains**

**Prompt:** Confidence grows from noticing that you can handle the unexpected. Reflect here on the strengths you demonstrated and how you'll keep building on them.

**Key Takeaways About Your Skills & Growth:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **5. Next Steps & Personal Encouragement**

**Prompt:** End on a positive note. Plan manageable improvements (if needed), and write a short note of self-encouragement to strengthen your mindset.

**Next Lesson Adjustments (If Any):**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Self-Encouragement:**

- \_\_\_\_\_
- \_\_\_\_\_

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*“We don't build confidence when we get things right; we build confidence when things go wrong and we get through it anyway.”*