TEACHER WELLBEING & REFLECTION | FREE PRINTABLE | GRADES 6-12

Teacher Reflection Journal

Short, evidence-based reflection for lessons, weeks, and midyear decisions.

ElevateTheNorm.com

By Clay Shumate

THIS PACK INCLUDES

1. After-lesson reflection
2. Weekly pattern review
3. Midyear reset
4. Small-change experiment

How to use this pack

Write for five minutes. Record what students did and understood, not whether the lesson felt good. One hard class can distort the whole week, so look across several days before changing the system, and change one variable long enough to learn from it.

QUICK START

- After a lesson worth thinking about: five minutes on the after-lesson page.
- Friday: weekly pattern review across all classes.
- At the semester break: midyear reset and one small experiment.
- Keep completed pages together; patterns show up over months.

Print, adapt, and use it without an email gate. Put your own name on it; keep the small ElevateTheNorm.com line so other teachers can find the current version.

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After-Lesson Reflection

Write for five minutes. Record what students did and understood.

Class / period _____ Date _____

What students were supposed to learn

What evidence showed they learned it

Where understanding broke down

Who participated and who remained invisible

The one move I would keep

The one change I will make tomorrow

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Weekly Pattern Review

Look across several days before changing the system.

Week of _____ Classes _____

Pattern	What I noticed
Repeated evidence of learning	
Repeated misconception or unfinished skill	
Routine that protected time	
Routine that leaked time	
Students who need recognition	
Students who need private support	
One priority for next week	

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Midyear Reset and Small Experiment

Change one variable long enough to learn from it.

What is working well enough to preserve

Problem stated as observable evidence

One small change to test

What will remain unchanged

Evidence I will collect

Test start	Test end	Decision	Why
		Keep / revise / stop	

Need the whole lesson, not just the form?

Everything in this pack is free and stays free. When you need a ready-to-teach lesson, a sub plan you can leave tonight, or a bigger toolkit, it lives in Clay Shumate's TeachersPayTeachers store.

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Paid products are from the author's own store. Buying one supports the free resources on ElevateTheNorm.com.