

Instructional Reflection Protocol

Date: _____

Lesson, activity, or transition I am reflecting on: _____

- What were my goals and expectations?
- What, specifically, went well?
- What, specifically, was challenging?
- How did I use my executive functioning strategies?
 - Planning: What about my plan worked? What about my plan would I change?
 - Focus and follow-through: Did I use my plan to meet my goals?
 - Flexible thinking: How did I adjust my plan in the moment?
- What will I do next?