THE INQUIRY COLLECTIVE

# Learning & Well-Being Check-In

## Grades 4-6 | My learning check-in

Name (optional): _____ Date: _____

Pause and notice what is working, what feels challenging and what could help. Use words, sketches or a conversation. Share only what you choose.

### A moment of progress

What have you learned or tried recently that matters to you?

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### A strategy worth keeping

Think of a challenge. What did you try, and how did it help?

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### My energy and focus

When do you feel ready to learn? What helps you reset when you need a break?

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### Belonging and working together

When do you feel included or heard? What helps you contribute with others?

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### Asking for support

What would make learning more manageable? Who could you ask?

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### My next small step

What will you try, when will you try it, and how will you know it helped?

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Check back on: _____

For reflection, not grading. Let the learner choose their response format and what they share.