THE INQUIRY COLLECTIVE

Learning & Well-Being Check-In

Grades 7-10 | Learning on my terms

Name (optional): _____ Date: _____

Take a few minutes to reflect on learning and everyday well-being. Write, sketch or think it through. You may skip a prompt and choose what to share.

What is working?

Where have you noticed progress, interest or a sense of accomplishment?

What is taking up space?

How are workload, stress, sleep or other commitments affecting your learning?

Focus and recovery

Which habits, boundaries or breaks help you focus and recharge?

Belonging and voice

Where do you feel respected and able to contribute? What would strengthen that?

Support and self-advocacy

What do you need more or less of? What could you ask for, and from whom?

One manageable change

Choose one action for the next week. When will you try it and check whether it helps?

Check back on: _____

Personal reflection, not a test. Keep responses private unless you choose to share. Ask a trusted adult if you want support.
