

Goals: Plan, Monitor, Reflect

Use a simple metacognitive cycle to set a specific goal, choose strategies, monitor progress and reflect with evidence.

LEARN • PRACTISE • CREATE • REFLECT

Original BrightPencil Kids resource - adult-led where appropriate

A4 edition • 12 purposeful pages • review copy

Print. Learn. Grow.

Grown-up guide

Learning objective

Use a simple metacognitive cycle to set a specific goal, choose strategies, monitor progress and reflect with evidence.

Use this pack well

- Model the first example aloud, then let the learner try.
- Ask “How do you know?” more often than “Are you finished?”.
- Use real objects, talk, movement or observation when the activity suggests it.
- Stop or shorten the session if attention or enjoyment drops.
- Open-ended pages can have many successful answers.

Quality note

This resource was written originally for BrightPencil Kids. Curriculum sources informed scope and progression only; no third-party worksheet or story text is reproduced.

Learn the idea

1 A useful goal is specific and observable.

2 Planning names strategies and resources before work begins.

3 Reflection uses evidence to decide the next step.

Talk about it

Explain one idea in your own words. Give an example from real life, a drawing or an object if that helps.

Rewrite “get better at reading” as a specific goal.

Choose two strategies before a task.

Use a halfway check to decide whether to continue or change approach.

Compare a score-only reflection with an evidence reflection.

Write one next-step sentence.

Try it beyond the page

Real-world / hands-on connection

Choose one current school/home learning goal with an adult and try plan-monitor-reflect for one week.

Before you finish

What did you notice?

What evidence, object or example helped you?

What would you change if you tried again?

Create something

Your project

Create a private Learning Passport page with goal, strategy, evidence and next step.

Use this space for planning, drawing, mapping, designing or notes.

CHALLENGE

Think deeper

1. What evidence shows progress or a thoughtful decision?

2. Who can support this skill when needed?

3. What is one specific next step?

Quick review

1. In one sentence, explain the big idea of “Goals: Plan, Monitor, Reflect”.

2. Draw or write one example that shows you understand.

3. Choose one activity from this pack and explain the strategy you used.

4. Write one question you still have.

Answer & discussion notes

Use these as guidance, not scripts. Open questions can have different successful responses when the reasoning is sensible and evidence-based.

1. Suggested response

Use a concrete example rather than a ranking.

2. Suggested response

A trusted adult/teacher/caregiver or appropriate professional.

3. Suggested response

The next step should be observable and achievable.

Review before publication

Check age fit, factual accuracy, clarity, accessibility, rights provenance and whether the activity works in practice. This file remains a review copy until those checks are signed off.

FINISH

My learning reflection

I finished this BrightPencil learning pack.

One thing I understand better now:

A strategy that helped me:

Something I created or noticed:

My next small question or goal:

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