

Practice/

Activity

INTELLECTUAL

To develop intrinsic curiosity and truth-seeking, we can provide opportunities for students to reflect on how we are engaging with themselves and the world around them.

For example:

On a scale from 1-5, how curious am I about _____?

- 5 is “I’m engaged, I’m learning, I have questions, I want to know more.”
- 3 is “I am mostly focused but I am also thinking about other things like lunch, recess and what my friends are doing.”
- 1 is “I’m bored, I don’t understand, this is too challenging.”

On a scale of 1-5, how do I feel about myself when I make a mistake?

- 5 is “This is a great opportunity to learn!”
- 3 is “Oops! I wish I hadn’t made that mistake, but maybe I can do better next time if I make the effort.”
- 1 is “I’m such a failure! I’ll never be good at anything!”

On a scale of 1-5, am I being my best me?

- 5 is “I feel really good about myself.”
- 3 is “I feel so-so about myself today.”
- 1 is “I’m not feeling so great today, I wish I could go home and put the covers over my head.”