Metacognition Circle

Overview: Metacognition involves being aware of your own thoughts, strategies, feelings, actions, and their impact and affect on others.

Round 1: How are you feeling today?

Round 2: In what ways might the way you are feeling today impact others?

Round 3: Why is it important to be aware of how our feelings impact others?

Round 4: In what ways can you help support those in the class who are not feeling positive today?

Round 5: How do you feel about today’s circle?

Striving for Accuracy Circle

Overview: Striving for accuracy involves always doing our best and setting high standards. This includes seeking feedback on actions in the spirit of continued improvement.

Round 1: How are you doing today?

Round 2: Please describe a goal that you are currently working towards right now.

Round 3: What support and feedback from others will you seek to meet your goal? Why is it important to have this feedback?

Round 4: How can you support one of your classmates in helping them meet and improve upon their goal?

Round 5: How do you feel about today’s circle?