**Math Activity Reflection Page**

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| **Before you start this activity...**   1. **DO NOT SOLVE ANY PROBLEMS UNTIL STEP #5 BELOW.**   Look through the activity.  How do the problem(s) on these pages make you **feel**? *(confident, excited, nervous, intimidated, etc.)* | Write your response here.  ***I feel...*** |
| 1. What words, phrases or images from the problems look **familiar** to you. | List everything in the problems that look familiar to you here: |
| 1. Now go back through the problems and make a mental note of problems, words, phrases, or images that are **unfamiliar** (or maybe look a little **difficult**) to you.   **?** | List everything that seems unfamiliar to you here: |
| 1. It’s okay if there are some parts of math that you have questions about or don’t understand yet.   Look at your list from #3. What could you do to help yourself feel more confident when trying to solve these problems?  **Some ideas that might help:**   * Take a deep breath, close your eyes, and tell yourself “I can do this!” * Break down the problem into different steps * Start with the parts you feel comfortable with * Google a word or phrase and read about it * Find a video on Khan Academy by searching for the topic * <Your own idea!>   **It’s your choice!** | Choose one or two strategies to try, and list them here: |
| 1. **Try your strategies from #4 above to complete the activity.** | Work on the problems! Record your answers on a separate sheet of paper. |
| **After you have completed the activity to the best of your ability…**   1. **How did it go?**   What did you learn about yourself through this process?   Are there questions you still have for a classmate or a teacher? | Write your thoughts and/or questions here: |

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