

Tool: Reflective Diary

Keeping a record of how we feel about our experiences as teachers can be helpful as it allows us to reflect on our daily experiences.

These reflections need not be extensive and may be kept in several formats – written, pictorial, video or audio diary. It may be focused on a specific topic or it may be wide ranging in response to what has or is happening in the moment.

Try keeping a diary and at the end of each week, listen or read to your reflections.

Try to plot points in the week when things have gone well. Also point to moments when things have not gone well and try to think about how you might increase the good moments and reduce the times when you feel less happy with what is happening in your classroom.