

Ref. 3



# Feeling refreshed! Cleaning Project Week (practices)



Name( \_\_\_\_\_ )

1. Use the evaluation scale to know where you are.

Time	4	•	3	•	2	•	1
Action	4	•	3	•	2	•	1
Minds	4	•	3	•	2	•	1

2. Goals (Write down in specifics what and how you are going to do.)

Time

Action

Minds

Listen to your friends' opinions and make modifications or additions.

Time

Action

Minds

3. Reflection    ©Very Good OGood ΔOne more step ☆ Better than before

Start the first half

Wed, June 20	
Thu, June 21	
Fri, June 22	
Mon, June 25	
Tue, June 26	

-Reflect on the week and grasp once again where you are using the evaluation scale

Time	4 • 3 • 2 • 1
Action	4 • 3 • 2 • 1
Minds	4 • 3 • 2 • 1

One week after your change!

If your goals change, modify or add to them.

Time

Action

Minds

Start the second half

Wed, June 27	
Thu, June 28	
Fri, June 29	
Mon, July 2	
Tue, July 3	

-Write down what you noticed and what you thought about the project.

Comments from your teacher



