

# Future Ready Fund with Springpod

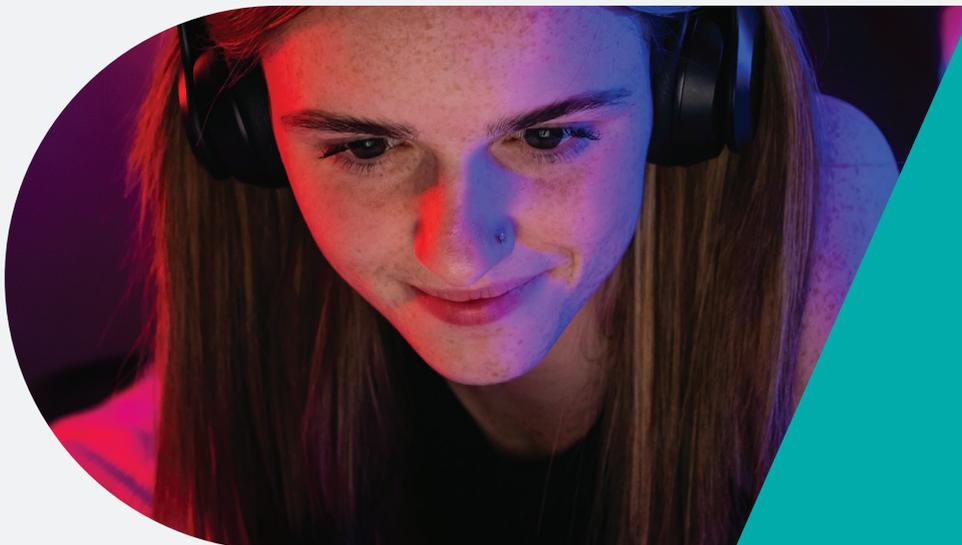
## Reflection Activity Suggestions

Before launching the Springpod **My Work Reflection Tool** you may want to introduce the skill of reflecting with your students.

In Year 8, reflection needs to be:

- Short
- Structured
- Concrete
- Low-pressure
- Regular

Here are some practical, classroom-ready activities teachers can use to prepare students for using the My Work Reflection Tool as part of this project.



### Activity 1 - "Three, Two, One" Reflection

Prompt:

- 3 things I learned
- 2 skills I used or saw in action
- 1 question I still have

Why it works:

- Clear structure reduces overwhelm
- Encourages curiosity
- Reinforces skill recognition

You can vary it:

- 3 surprises, 2 challenges, 1 next step
- 3 facts, 2 feelings, 1 future idea

### Activity 2 - Emoji Check-In (Great for younger or less confident learners)

Ask students to choose:

- 😊 Something I enjoyed
- 🤔 Something that made me think
- 🙌 A skill I used

They write one sentence for each.

Why it works:

- Makes emotional reflection accessible
- Builds awareness of both feelings and skills
- Feels safe and informal

### Activity 3 - "Would I Like This?" Line-Up

Place a line across the room from:

- "Definitely not for me" → "Definitely for me"

Students stand where they feel after an activity (e.g. a careers talk or activity or share a statement related to future careers).

Then ask:

- Why are you standing there?
- What influenced your choice?

Why it works:

- Makes preferences visible
- Encourages verbal reasoning
- Normalises mixed reactions

### Activity 4 - Skills Spotting Bingo

Give students a list of transferable skills (e.g., teamwork, problem-solving, creativity, communication).

After the activity, ask:

- Which skills did you see?
- Which did you use?
- Which would you like to improve?

Why it works:

- Builds vocabulary for employability skills
- Helps students recognise strengths they may overlook

### **Activity 5 – “Now, Next, Later” (Future-Focused Reflection)**

Students complete:

- Now I know...
- Next I want to explore...
- Later this might help me...
  
- Why it works:
  - Connects experience to future thinking
  - Builds career agency
  - Encourages goal setting

### **Activity 6 – One-Sentence Insight**

Ask:

- “If you had to explain what today taught you about yourself in one sentence, what would you say?”

This is powerful because it:

- Forces clarity
- Develops articulation
- Builds metacognition

### **Activity 7 – Reflection Postcards (Creative Option)**

Students write a postcard to their “future self”:

“Today I discovered that...”

Collect and return them later in the year.

Why it works:

- Makes learning feel meaningful
- Encourages identity development
- Creates continuity in careers education

### **Key Principles for This Age Group**

For 11–13 year olds, reflection should:

- Be modelled (teachers share their own example first)
- Focus on skills and feelings, not just facts
- Be regular and quick (5–10 minutes)
- Be framed positively (no right or wrong answers)

Over time, these short activities build the art of reflection helping students move from:

“That was fun.”

To:

“I enjoyed that because I like solving problems and working in teams.”

**And that shift is where meaningful careers learning begins.**