

7-Day student reflection challenge - Grades K-2

Goal: Help the youngest students start thinking about their feelings, actions, and learning in simple, accessible ways.

Note: This challenge is designed to introduce daily introspective thought, alongside optional activities that can complement each day's theme. You'll see indicators of that for each day.

Tip: With young students, use an Open group. Students can access it on any device, and they do not need to have an account. It's also easy and fun to use with a M2 device.

[Read more about group types here.](#)



DAY 1

Feelings check

OBJECTIVE

How did you feel today?

ADDITIONAL ACTIVITY

Draw a picture of your face showing how you felt today. Did something make you feel happy, excited, or maybe even a little sad?



DAY 2

What I did

OBJECTIVE

What is something fun you did today?

ADDITIONAL ACTIVITY

Draw a picture or write about one thing you did today that made you smile.



DAY 3

A problem I solved

OBJECTIVE

What is a problem you had today, and how did you fix it?

ADDITIONAL ACTIVITY

Think about a moment when something was hard today. What did you do to make it better?



DAY 4

Working with friends

OBJECTIVE

Did you work with a friend today? How did you help each other?

ADDITIONAL ACTIVITY

Draw or write about a time when you and a classmate helped each other. How did you feel afterward?



DAY 5

Learning something new

OBJECTIVE

Reflect on what you learned today.

ADDITIONAL ACTIVITY

Share something new you learned today. It could be from class, from a friend, or even at home.



DAY 6

Taking care of myself

OBJECTIVE

Did you take a break or do something to feel better today?

ADDITIONAL ACTIVITY

Think about a time today when you felt tired or upset. Did you do something to feel better? What was it?



DAY 7

Something I'm proud of

OBJECTIVE

What is something you're really proud of today?

ADDITIONAL ACTIVITY

Draw or write about something that made you feel proud today, like helping a friend, finishing a task, or being kind to someone.

Challenge features for all age groups:

Daily teacher-led check-ins:

Teachers can guide students through each reflection either by discussing it as a class first or assigning it as an individual activity in MirrorTalk.

Optional sharing:

Older students could share insights in pairs, small groups, or a class discussion. For younger students, they can share their drawings or brief thoughts aloud. Sharing should be encouraged with discretion.

Weekly review:

At the end of the week, teachers can facilitate a reflection session where students share what they've learned or how their reflections have helped them. This will be crucial in building a foundation of reflection.