

Self Reflection Form

1–5 scale: 1 is "Rarely" or "Needs Improvement", 3 is "Sometimes" or "Average" and 5 is "Always" or "Excellent."

1. Playing with Children (Quality of Interactions)

- I actively participate in physical play with children (e.g., running, climbing, jumping with them).
- I frequently incorporate children's individual interests into our playtime, such as playing in the sand, engaging in games with rules, reading together, or observing the clouds in the sky.
- I am able to adapt and switch between different play styles and energy levels of children, ensuring that each child stays engaged and feels included.
- I tend to engage in play primarily with only certain groups of children.

2. Caring for Children (Emotional Well-Being)

- I am attuned to the emotional needs of the children and can handle challenging situations calmly without losing patience or getting frustrated.
- I am confident in my knowledge of how to support children who are upset, anxious, or frustrated in ways that help them feel safe and understood.
- I utilize the sensory room often to provide one-on-one support for children or spend quality time with them.
- I work to manage my emotions on challenging days, ensuring that I can still be present for the children.



3. Curriculum: For Kingergarten

- I review lesson plans ahead of activities to ensure I am well-prepared
 - At the end of each week, I familiarize myself with the assigned options, ITPs and activities for the upcoming week, ensuring I am well-prepared for the week ahead.
 - I can easily adjust any activity mid-way if I see the children need something different or aren't engaged.
 - I plan my circle time in advance (Song list, Story Box of the week, and the Focus of the week), while also allowing flexibility for improvisation and child-led exploration.
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Based on your self-rating, what is one specific area you would like to improve or focus on for each of the following sections:

1. Playing with Children

2. Caring for Children

3. Curriculum



3. Curriculum: Lesson Planning and Execution : For School

- I review lesson plans ahead of time and ensure I am well prepared with all the resources I need for the session well beforehand: Eg. any worksheets to print out, other materials, writing material etc
- On homework days, I ensure homework is ready to go out by keeping all the resources needed for homework ready, ensuring nothing gets missed out and instructions have been provided to the learners on what is expected.
- At the end of each week, I do focus on reflecting on my week and try to write down/document my observations for the week for each child.
- I cater to differentiation in every class, making sure there is enough material available for a child who can be challenged and for a child who may be struggling.
- I go through the feedback given to me on lesson plans in detail and work on the feedback

Based on your self-rating, what is one specific area you would like to improve or focus on for each of the following sections:

- **Playing with Children**
- **Caring for Children**
- **Curriculum**

