



Family Day Care
Training Australia

Critical Reflection Template

Getting started

How to use a reflective journal?

A reflective journal is like a diary to help you as an educator! It can improve your teaching skills through reflective practices, whilst also checking off the reflective practice requirements for the Early Years Learning Framework and National Quality Standards.

To use this reflective journal, regularly write down your thoughts, experiences, and insights about your teaching practices, and reflect on what worked well and what could be improved!

Getting to know you

My name is:

My qualifications are:

I work in:

4 words that describe you

1.

2.

3.

4.

Your philosophy when working with children

Question 1

What is an experience that you would like to reflect on?

Question 2

How do I feel? What am I thinking?

Question 3

What would I do differently or what other knowledge can I apply to this situation?

Question 4

From what I have learnt I will now...

Question 5

This is what I have done/will do...

Question 6

Where can I get support or further ideas?

Childrens voices

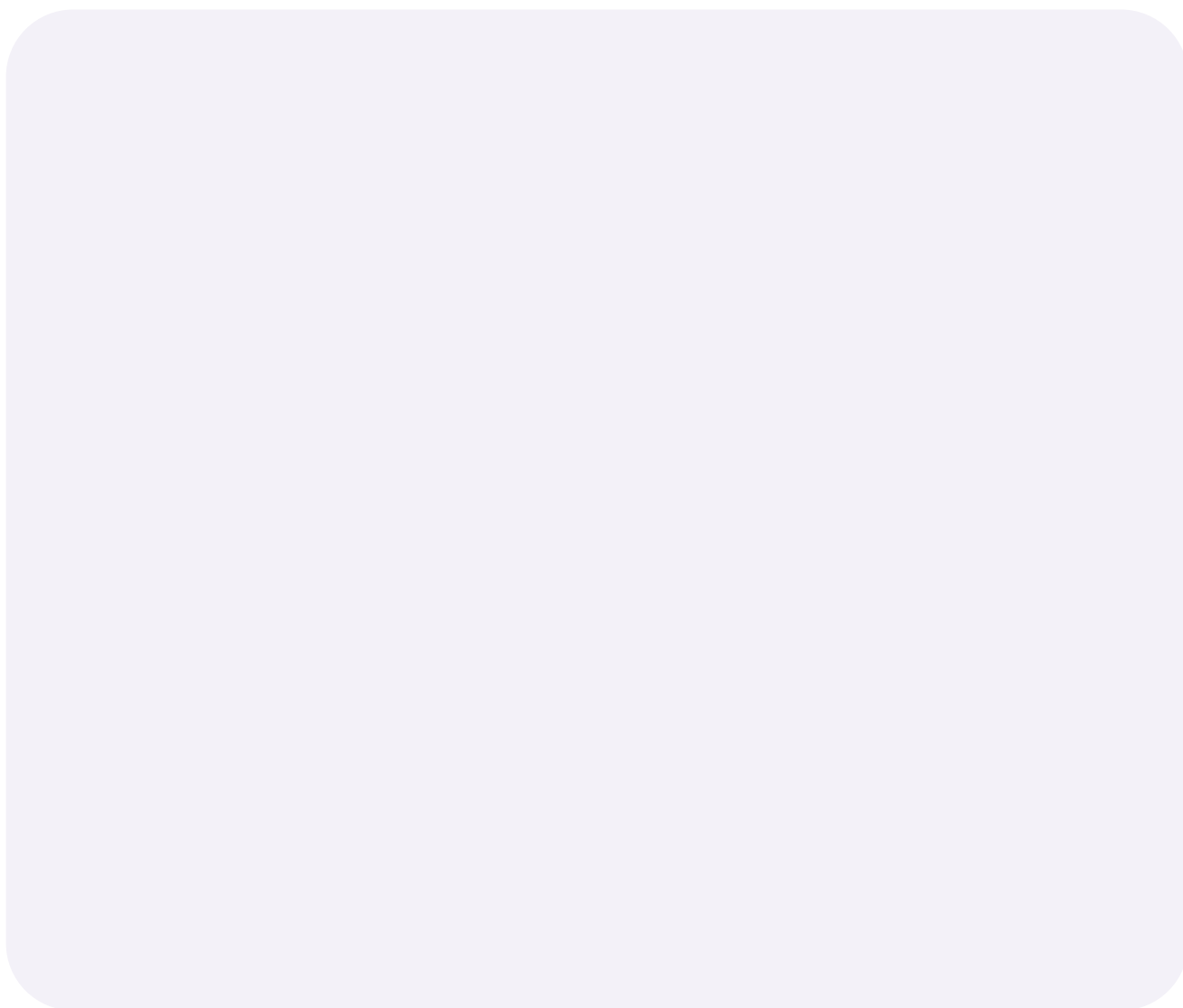
Add childrens responses and ideas



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A large, empty, light gray rounded rectangular area intended for adding children's responses and ideas.

Your own space



www.place.org.au

30 Critical Reflection Prompts

Choose one to get you started

- Am I acknowledging different learning styles based on the individual child?
- Do I provide extended time for investigations?
- Am I scaffold learning through a variety of ways (open ended resources)?
- Do I plan and create experiences that are inclusive and culturally responsive?
- Do I create a welcoming, warm and supportive environment for each individual child?
- Am I create flexible environments that are responsive to children's interest and spontaneity?
- Am I encouraging children to talk about their learning?
- Do I provide children feedback about their learning?
- Did I use conversations to create shared meaning with children?
- Am I establishing positive interactions and promote shared understandings with families?
- Am I involving parents/community meaningfully and collaboratively in learning experiences?
- Am I collaborating with my scheme and practice mentor?
- Am I communicating well?

30 Critical Reflection Prompts

Choose one to get you started

- Reflection questions- General
- How was my wellbeing this week?
- What was the highlight of the week?
- What worked well?
- What didn't work well?
- What can I improve / change for next week?
- How can I change my practices?
- What ideas do I have for future planning that have emerged from this week?
- Did I get any Feedback from children/families/Practice Mentor this week?
- Did the plan include individual children's interests and needs?
- Did I plan and create experiences that are inclusive and culturally?
- Did I include individual children's interests and needs when planning learning areas?
- Did I encourage children to be agents of their own learning?
- Did I engage children's interests, needs and capabilities?
- Am I linking children's learning?
- Is the environment clean, fresh and aesthetically pleasing?
- is the environment welcoming, warm and supportive environment for each individual child?