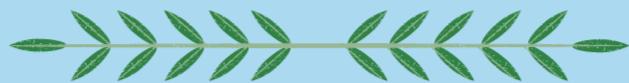


My Learning Journal

Name

Mentor



This Learning Journal will help you grow in your learning, by helping you to set and achieve learning goals. You will use flowers or other plants to represent your Learning goals. You will think about how to achieve your learning goals and what you will gain by achieving them.

This booklet will help you plan your learning goals. You will:

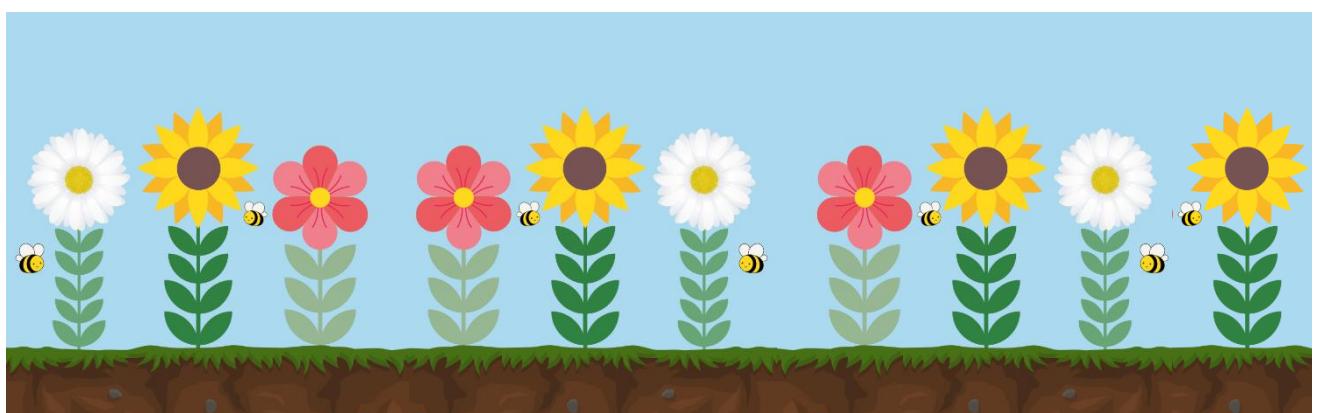
- Choose your BIG goal – something you would like to achieve.
- Make the goal SMART
- Think about the purpose of your goal – what benefits will it bring? How will it help you, and how could you use what you have learnt to help others around you?
- Break your goal down into smaller, achievable steps.
- Discuss potential obstacles that could stop you achieving your goal, and find solutions to help you overcome them.

You will then use/draw a flower or another plant to help you visualise your goal. Once you have completed your first learning goal, you can then develop others

You will create at least 3 Learning Goals, which may include literacy, numeracy and wellbeing. You can then create more if you have time.

Later on in the booklet, there is also a selection of questions for you to answer once a week. This will help you reflect positively on your week, and it will help you see the progress you are making through your time with your learning mentor.

The last page is for your learning mentor to fill in. They will keep a record of what you have been learning and practising, so that if you get a new learning mentor or go back to school, they can help you build on what you have learnt.



Setting your Learning Goals

Think about what you would like to achieve while you are in the Learning Space. This should relate to learning. It could be learning something new or you could think of an area where you would like to improve. This is a learning goal. Setting learning goals can help you stay motivated and give you a sense of achievement. It is suggested that you firstly think about setting 3 learning goals for reading or writing, numeracy and also think about a goal that will help you to have a sense of wellbeing.

Let's start by thinking about one of your goals first, for example for reading or writing

What could your goal be?

Now, let's make your learning goal SMART (Specific, Measurable, Achievable, Realistic, Timely). If your goal is quite vague, like "I will pay more attention to learning", let's make it measurable – for example, "I want to have read 3 books by the end of 6 months", or "I want to read for 10 minutes every day".

This template can help make your goal SMART: **I will** do my English homework every week, **by** first making sure I understand what I've been taught in my lessons, and then planning enough time to do the work before it's due. **When:** Every Wednesday after school **with** my learning mentor.

Now it's your turn!

I will _____ **by** _____

When and with whom? _____

This breakdown is really helpful as it has broken your big learning goal into smaller, easily achievable steps.

It is also good to think about: **Why you want to achieve your goal** – how will it help you, how could it help others and where will it lead you?

Are there any obstacles, which could stop you achieving your goal?

How can you overcome these obstacles? (Solutions)

You can see how you can use the image of a flower to plan and present your goal. Using your answers work through the steps on the next page to produce your own Learning Goal Flower. There is a blank flower template in this booklet or you can draw your own flower!

Use the image of a flower to plan your goal:

Use the blank template

1 What is your goal?

Write it in the centre of your flower.

For example: **read for 10 minutes every day.**

2 What will reaching this goal help you achieve?

Write on the petals of your flower.

For example: you could **become a teacher, help Mum read the bills, learn from books and be more independent.**

3 How can you break your goal down into smaller steps?

Write these on the leaves of your flower.

For example: **choose a book, spell out sounds, learn new words.**



4 Are there any obstacles to achieving your goal, and how can you overcome these obstacles? (these are solutions)

Write your **solutions** onto the objects, which give your flower life – such as a watering can, the sun and a bee.

For example, you may come across new words that you don't know – to overcome this you could **ask your learning mentor for help**. What is the word, what does it mean? You might also find it hard to find time to read, or you might get distracted when you try and read. **Planning a time to read and finding a space** free from distractions could help. Explaining to family members when you read why it is important, might also help them understand why you need that time to concentrate.

Learning Goal Flower template -what is your goal?

Use this image and fill it in with your goal – or draw your own!



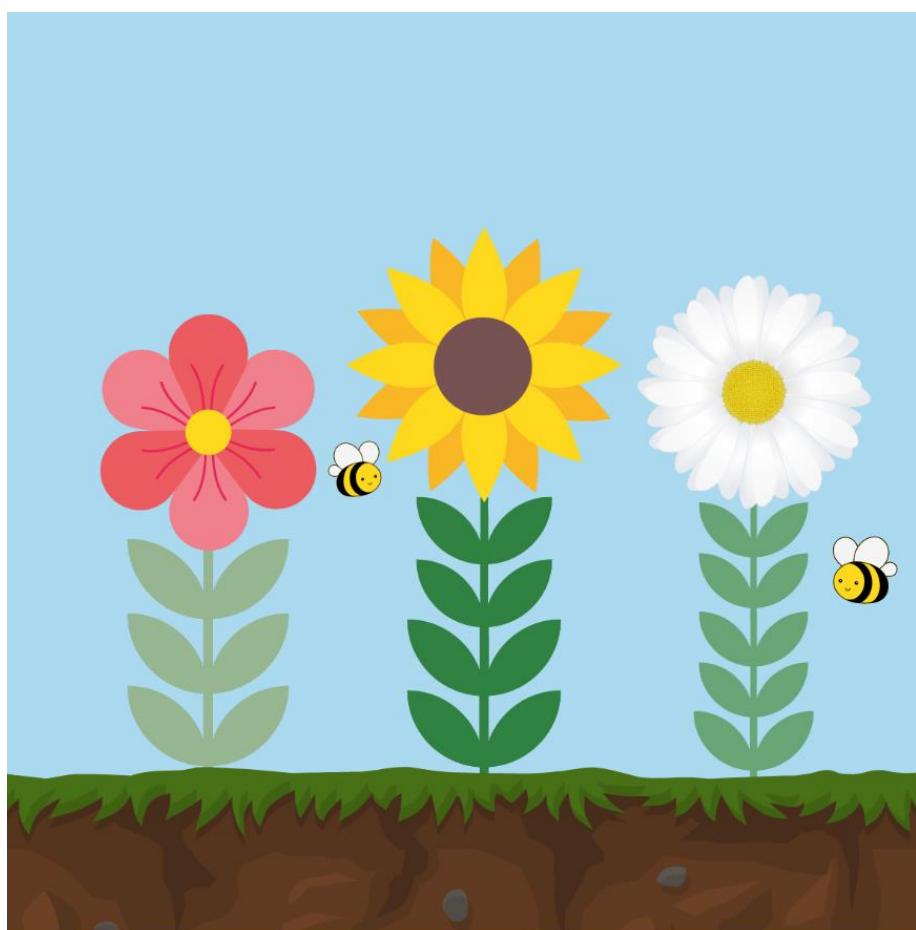
Now that you know how to make a Learning Goal Flower – create more to add to your own garden!

If you're drawing your own flowers, why not experiment with different types of flowers or plants

You could aim to have a Learning Goal Flower for literacy, numeracy and wellbeing, or you might just focus on one or two of these. Talk with your Learning Mentor about what's best for you. Then you can always add more if you have time!

Here are some examples of Learning Goals

- **Literacy goals:** read 3 books in 6 months, write a letter to a friend every week, learn to spell 5 new words every week...
- **Numeracy goals:** learn to count to 100, practise grid multiplication and long division for 10 minutes every night, learn a new times table each week...
- **Wellbeing goals:** go outside for some fresh air every day, create a list of positive memories at the end of each week, help to cook a meal once a week... Talk to someone about my feelings once a week, spend time with a friend every week, practice one of my skills every day...



Fill these questions in once a week so you can see your progress:

1. This week I'm feeling...
2. In the future I'm looking forward to...
3. This week I've noticed that I'm good at...
4. This week I've helped...
5. This week I've learnt...
6. This week I've enjoyed...
7. I am confident/not sure/not confident that I am achieving my learning goal/s.

1. This week I'm feeling...
2. In the future I'm looking forward to...
3. This week I've noticed that I'm good at...
4. This week I've helped...
5. This week I've learnt...
6. This week I enjoyed...
7. I am confident/not sure/not confident that I am achieving my learning goal/s.

1. This week I'm feeling...
2. In the future I'm looking forward to...
3. This week I've noticed that I'm good at...
4. This week I've helped...
5. This week I've learnt...
6. This week I enjoyed...
7. I am confident/not sure/not confident that I am achieving my learning goal/s.

1. This week I'm feeling...
2. In the future I'm looking forward to...
3. This week I've noticed that I'm good at...
4. This week I've helped...
5. This week I've learnt...
6. This week I enjoyed...
7. I am confident/not sure/not confident that I am achieving my learning goal/s.

This page is for your learning mentor to fill in – you can then show this to your next teacher/mentor so they know what you've been working on.

What skills/topics has this child learnt?

Use this space to keep a record of the skills/topics this child has covered and how they've got on, so these skills can easily be built on by future mentors/teachers. If the child needs a new learning mentor, moves learning spaces or restarts school this will be very important information for their future progress.

Maths Skills/Topics

Literacy Skills/Topics

Other Skills/Topics

Extra space to create more Goal Flowers or complete other activities: