



Farida Sheikh  
Shaping Minds, One Page

# Self-Reflection Bookmark

*A Simple Tool to Encourage Daily Growth and Awareness*

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Shaping Minds, One Page at a Time

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### Purpose of This Tool

This printable bookmark supports children, teachers, and parents in building a habit of daily reflection. Based on the Tricycle Model, it focuses on the three essential areas of holistic development:

- Feeling (Affective)
- Thinking (Cognitive)
- Doing (Psychomotor)

Placed inside a book or used at the end of a school day, it encourages short but meaningful pauses to think about the day, the effort, and emotional wellbeing.

### Background: Why a Bookmark?

Reflection tools are often bulky, time-consuming, or limited to end-of-term reviews. Children (and adults) need *quick, consistent* ways to check in — something small enough to use daily but deep enough to spark real awareness.

A bookmark:

- Travels with the learner
- Feels familiar and non-intimidating
- Becomes a visual reminder of growth
- Offers structure for thinking beyond tasks

This makes it perfect for daily classroom routines, home reading time, or quiet bedtime reflection.

### The Challenge We're Solving

Children often lack the tools or prompts to reflect meaningfully on their learning. Meanwhile, adults may forget to help them connect the dots between what they feel, think, and do.

This leads to:

- Shallow engagement
- Emotional build-up
- Difficulty identifying progress
- Missed opportunities for meaningful conversation

The Self-Reflection Bookmark makes daily reflection quick, child-led, and meaningful — without worksheets or formal tools.

### What's Inside

The printable includes:

- Two bookmark designs (front and back)
- Prompts based on the three learning domains
- Suitable for independent or guided reflection
- A blank version for customisation

### Reflection Prompts on the Bookmark

#### Front Side: Daily Check-In

(Child or adult ticks or responds mentally)

- Today I felt...
- I'm proud of...
- Something that challenged me was...
- Next time, I will try to...

#### Back Side: Domain-Based Prompts

##### Affective (Feeling)

- What made me feel safe or happy today?
- Did I show kindness to myself or someone else?

##### Cognitive (Thinking)

- What's something new I learned or realised?
- Did I ask questions or think deeply about anything?

##### Psychomotor (Doing)

- What did I work hard on today?
- What action helped me or someone else?

### How to Use This Tool

- Print on A5 card stock and laminate
- Use at the end of the school day or bedtime
- Pair with journaling, class discussion, or parent check-ins



- Create a classroom routine where students choose one question to answer aloud or write in a diary

### Optional Extension

- Create a “Reflection Station” with printed bookmarks and pencils
- Invite parents to use bookmarks at home with children
- Display student responses on a Reflection Wall

### Checklist: Using the Bookmark Effectively

Practice	Yes	Not Yet
The bookmark is used daily or weekly		
Questions are discussed or written about regularly		
Adults model and participate in reflection		
Emotional, cognitive, and action-based prompts are all included		

### Conclusion: Big Growth Starts with Small Questions

This bookmark is a simple reminder that reflection doesn’t need to be long — it just needs to be honest.

By checking in on how they feel, think, and act, learners become **more aware, more confident, and more connected**. Whether used in silence or shared aloud, these daily questions lead to lifelong habits of growth.

### What’s Next? Build a Culture of Reflection

#### The Tricycle Model: A Holistic Approach to Education

Explore how small habits reinforce big ideas

<https://mybook.to/tircyclewebsite>

#### Right Vision Academy

Teacher-parent training in reflective learning

<https://rightvisionacademy.com>

#### More holistic tools and templates:

<https://faridasheikh.com/free-resources>

### We'd Love to Hear from You

Have you used this bookmark with your child or students?  
What has changed in your reflection routines?

Send us your experience:

<https://faridasheikh.com/feedback>

Email: [info@rightvisionacademy.com](mailto:info@rightvisionacademy.com)

### Share Your Story

Stories of children reflecting, opening up, or making new connections because of this tool inspire others to try it too.

We'd love to hear — and with your permission, share — your story.

