

Metacognitive Questions

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Planning

- 1). Have I got a really clear idea of my goal? (Objective)
- 2). How will I know when I've achieved it? (Success Criteria)
- 3). What do I know, or have already, that will help me get there?
- 4). Should I work with others, or by myself on this?
- 5). What are the stages that might get me to my goal?
- 6). What are the possible first steps, and which one is best?

Monitoring

- 7). Am I still on the path to my goal?
- 8). Is anything unclear to me? What can I do about it?
- 9). If I'm unsure of something, what can I try out?
- 10). Do I need someone to help me with this bit?
- 11). What stages have I completed, and what's next?
- 12). Am I getting distracted? What's my best focus now?

Evaluating

- 13). How do I know that I've achieved my goal? (Success Criteria check)
- 14). What was smooth, and what was tricky with that challenge?
- 15). How did I deal with the tricky bits?
- 16). If I did that challenge again, would I change anything?
- 17). What did the challenge teach me? How could it be useful?
- 18). How do I feel now?

Self-Awareness

- A). What happens in my head when I... (read, calculate, draw etc.)?
- B). How's my 'focus power' right now? What can I do to improve it?
- C). How can I be more helpful to other people?
- D). Am I remembering to be kind to myself?
- E). How does my body feel right now?