


# Me Learning (Meta-Learning) learning mat



I...

In future, I could use my \_\_\_\_\_ muscle to \_\_\_\_\_

I thought about \_\_\_\_\_ and decided not to do it that way again

I checked my progress against the success criteria

I talked about how I learned ...

I used my \_\_\_\_\_ learning muscle to \_\_\_\_\_

The learning muscle I used most today was \_\_\_\_\_

I chose how I was going to tackle \_\_\_\_\_

I stopped to think about how I was learning \_\_\_\_\_

How well did I use my Me Learning?

