Parent Reflection Worksheets

When School Feels Impossible • Editable resource for families and professionals in Wales

A moment for you

These pages are yours. You do not need to show anyone. Skip anything that does not help.

How am I doing today?

What feels hardest at the moment?

_____

What has helped me get through this week?

_____

Who could I ask for a little support?

_____

One small thing I need for myself is:

Before a school conversation

What do I most want the school to understand?

_____

What usually happens to me when a meeting feels difficult?

_____

What could help me feel prepared or supported?

_____

One sentence I can use if I need time to think:

After a difficult morning

What happened, without blame?

_____

What might my child have been communicating?

_____

What did I need in that moment?

_____

What could we try differently next time?

A kind reminder

You do not have to solve everything today. These reflections are not a test, and there is no score.