



Weekly Movement Journal

My Active Learning Week with EDUballs/BRAINballs

Name: _____

Class: _____






School Year: _____

Teacher: _____

What is My Weekly Movement Journal?

This journal helps me look back on an entire week of learning through movement with the EDUballs/BRAINballs.

Each week I can:

-  Write or draw my favorite EDUball activities
-  Record new words I learned while moving
-  Show math challenges I solved through movement
-  Think about teamwork and friendships
-  Share how I felt during active lessons



My Learning Goals

Date: _____

This week my goal was to:

- Move more
- Learn new words
- Solve math problems
- Work with my friends
- Try my best
- Other _____

Did I reach my goal (circle how you feel)?



My Favorite EDUball/BRAINball Activity

Date: _____

Name of the activity: _____

What did we do (write or draw)?

How did I like this game (circle one)?



One thing I learned:



New Words I Learned This Week

Date: _____

Write new words you practiced:

Use them in a sentence:

My favorite new word: _____



Math in Motion

Date: _____

My favourite math challenge this week:

- Addition
- Subtraction
- Multiplication
- Division
- Other: _____




The problem:

How I solved it and what movement I used:

Friends, Teamwork & Social Skills

Date: _____

Social competencies you practiced (mark one):

Competence	What does it mean?			
Cooperation	I worked well with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication	I listened and spoke kindly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Responsibility	I followed rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empathy	I noticed others' feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Legend:

 = I am still learning

 = I did well

 = I did very well

How We Worked Together

Date: _____

This week I practiced with:

- ▶ A partner
- ▶ A small group
- ▶ The whole class

What did we practice together (mark)?

- ▶ Helping each other
- ▶ Talking and listening
- ▶ Following rules
- ▶ Encouraging friends
- ▶ Taking turns
- ▶ Other _____

One kind thing I did for a friend this week:

One kind thing someone did for me:

My Self-Assessment

Date: _____

I think my overall performance this week was
(circle one):



One thing I did well:

One thing I want to practice more:

My Friend's Opinion

Date: _____

My friend's name: _____

My friend thinks I was good at:

- Cooperation
- Communication
- Helping others
- Fair play
- Other: _____

One nice thing my friend says about me:

How was your teamwork?



How Did I Feel This Week?

Date: _____

Draw your feeling or circle one:

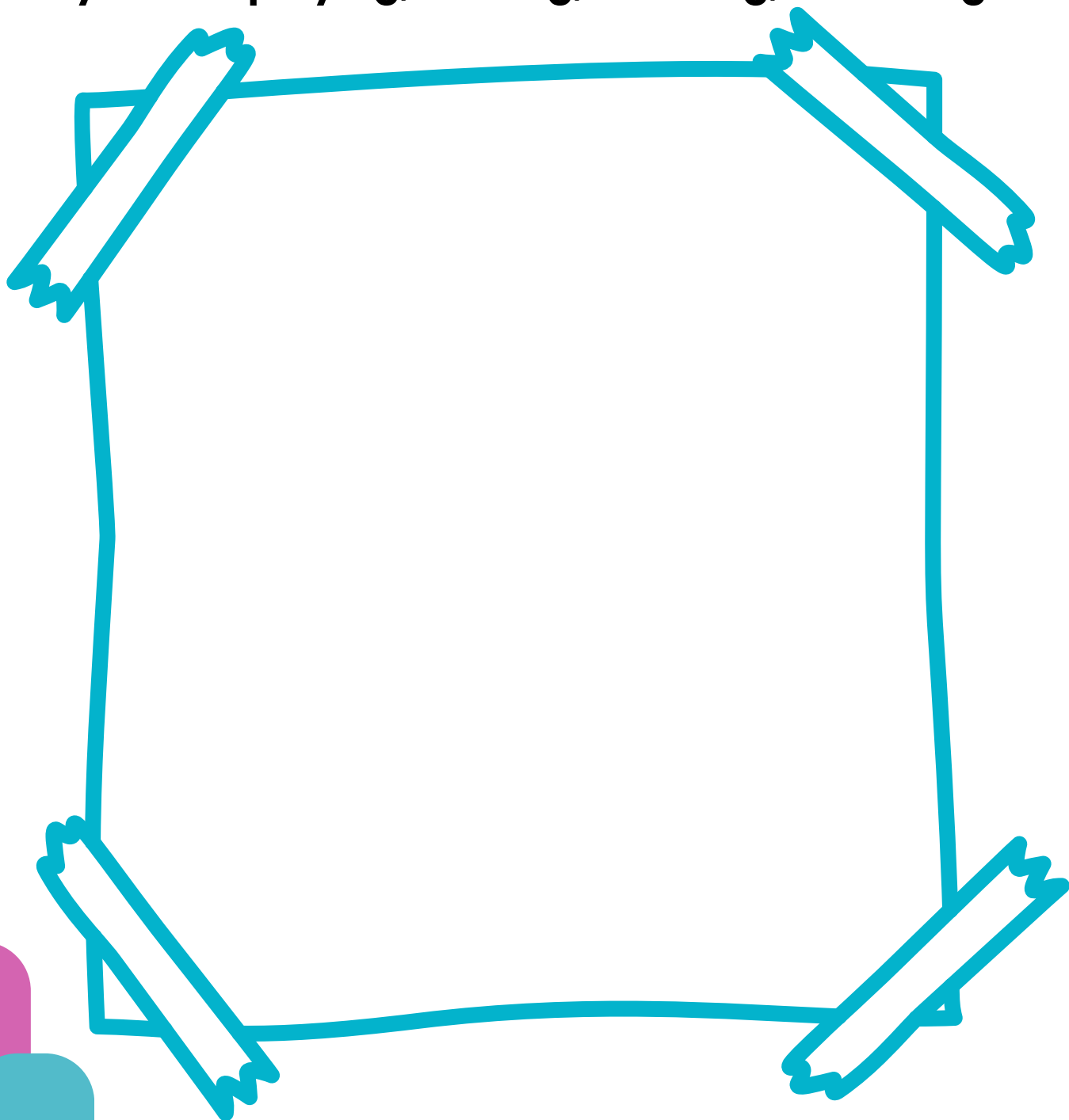


Why did I feel this way?

Free Movement Page in Pictures

Date: _____

Draw yourself playing, moving, learning, or having fun!



My Weekly Reflection

Date: _____

This week I am most proud of:

One thing I want to try next week:

**Keep moving, playing, learning
and having fun!**

