



INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF ENGLISH [2022– 2023]

TOPIC: Reading Comprehension

WORKSHEET-1

RESOURCE PERSON: Ms. Deepa H K

NAME: _____ CLASS: V SEC: ____ DATE: _____

I. Read the passage carefully and answer the questions that follow.

Self-Reflection

Do you ever feel like you are just running from one activity to another? In school, do you rush from one subject to another?

When things happen at such a fast pace, it is easy to lose sight of what you are doing or learning. It is important to stop yourself now and then to think about what you've been doing or learning.

Self-reflection means slowing down and calming yourself, including calming your mind. By being calm and going slowly, you give your brain a chance to evaluate the input it has already received. Some people prefer to do these self-reflections only in their minds. Others keep a journal or written notes. Either method works, depending on your learning. Whether written or purely mental, the process is the same.

School textbooks are often divided into chapters and units of study. This makes it easier for someone to begin the process of self-reflection. Look for the times when you complete a unit of study in the subjects you are learning, such as English, Mathematics and Science. Sometimes you know the unit is over because there is some kind of

test or quiz. Use these natural breaks as opportunities to stop and reflect.

Find a quiet place. You can even be sitting at your desk at school when you finish something early and the other students are still working. If you are going to take notes, take out paper or your reflection journal. Write down some notes on the new things that you learned in the unit. Let your mind think about the notes you have written and make some connections. Sometimes just pausing to think deeply allows your brain to make connections. Having lots of connections allows your brain to quickly retrieve information when you need it again.

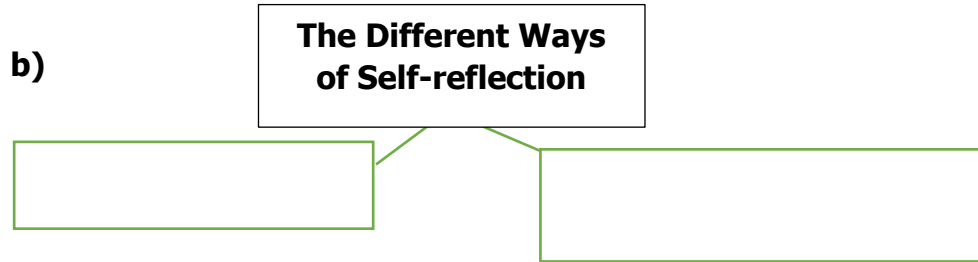
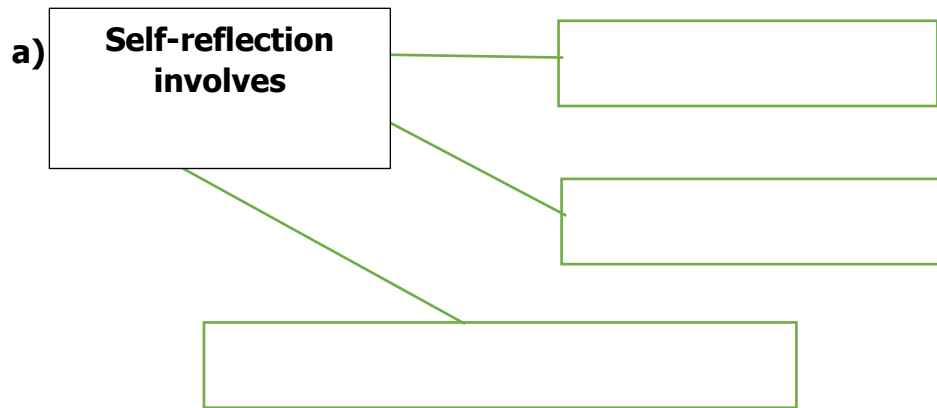
Next, think about things that you are unsure of. For example, maybe you learned about a certain body system, but you're not sure how it works together with the other body systems. Maybe you learned a new way to solve a Math problem, but you're not sure when to use it. Writing down your questions will help you remember to look for answers the next time you are working on the same topic.

Self-reflection is an essential skill for a successful student. If you have never taken the time to reflect, try it now.

1. Why is it important to do self-reflection?

Ans- _____

2. Complete the graphic organizers.



3. Pick out the word from the passage which means 'recall'.

Ans- _____

4. Do you think our textbooks have been planned for self-reflection? Substantiate your answer.

Ans- _____

5. Mention what will be the effect of the following actions according to the passage you have read.

If you pause, think and make short notes of what you have learned -	
If your brain has connected all the information and stored it well-	
If you make a note of all the doubts that you have come across while learning-	

6. Name at least one subject where you would like to start using self-reflection.
