

CREDENCE HIGH SCHOOL

Back to School Reset - Starting Strong from Home

GRADE
G6 – 8

Date
6-13 April, 2026

Let's Reflect

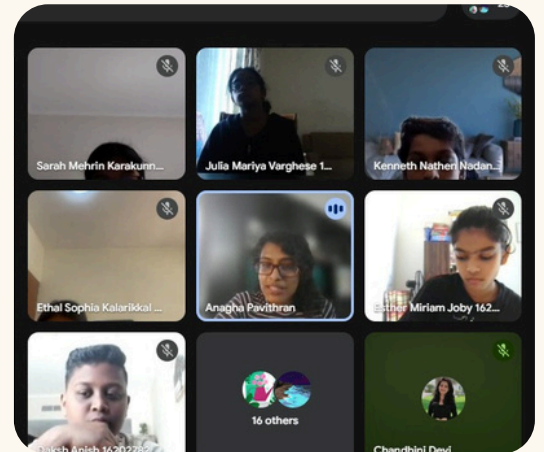
Think about last year.....

*One challenge
I faced*

Credence High School

Back to School Reset
**STARTING STRONG
FROM HOME**

By Ms Anagha (Middle School Counselor)



● INTENT

The intent of this session is to create a reflective space for students to pause, reset, and reconnect with their learning and wellbeing. It aims to encourage small, intentional changes rather than overwhelming transformations, fostering a mindset of growth, self-awareness, and self-compassion.

● EXPERIENCE

Students engaged in guided reflection on their past experiences - what worked well, challenges faced, and areas for change. Through interactive prompts & self-assessment activities, they explored their habits, routines & coping strategies. The session emphasized active participation, encouraging students to articulate their thoughts and set realistic goals.

● INSIGHT

The session highlighted the importance of metacognition: thinking about one's own thinking as a key tool for improving focus, resilience, and self-regulation. Students recognized that meaningful progress comes from consistent, small steps rather than perfection.

