During my mindful check-in, I observed…

|  |  |  |
| --- | --- | --- |
| …these THOUGHTS: | …these PHYSICAL SENSATIONS: | …these EMOTIONS: |
| Other: | | |

Mindful Reading Log

* First Page of “Mindful Learning” by Ellen J. Langer, and
* “The Reading Apprenticeship Framework” Infographic

|  |  |  |
| --- | --- | --- |
| Important ideas and information in the text: | My thoughts, feelings, questions: | Connections to the Reading Apprenticeship Framework: |