

From Classroom Experience to Shareable Insight

A short reflection worksheet for teachers who have something useful to contribute

Many teachers wait until they feel more experienced, more confident or more “expert” before sharing their ideas with others.

But useful teacher-development ideas often begin much closer to home: in a lesson that worked, a classroom challenge you solved, or a small adaptation that helped learners participate.

Use this worksheet to identify one piece of classroom experience that could become a shareable professional insight.

1. Notice What You Already Know

Think about your recent teaching.

What is one thing that has worked well in your classroom?

It could be:

- an activity learners responded to well
- a way you adapted materials
- a classroom routine that helped participation
- a way you supported confidence, motivation or speaking
- a solution to a recurring classroom challenge



My example:

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.....

Why did it work?

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.....

What did learners do differently as a result

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2. Look For The Wider Value

Your classroom challenge may not be as local as it feels. Teachers in many different contexts often face similar issues.

Which wider teaching challenge does your idea connect to?

- | | |
|------------------------------|----------------------------|
| • learner confidence | • young learners |
| • speaking and participation | • mixed levels |
| • motivation | • attention span |
| • assessment | • classroom management |
| • AI or digital tools | • another challenge: _____ |

What might another teacher find useful about your experience?

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3. Shape It Into A Shareable Idea

Try completing this sentence:

"I learned that when teachers _____, learners can _____."

Now make it more practical:

"One simple thing teachers can try is _____."

What would you want another teacher to take away?



4. Reframe The Confidence Question

Instead of asking:

"Am I ready?"

Try asking:

"What might I learn if I say yes?"

What is one small next step you could take?

- tell a colleague about the idea
- share it in a staff meeting
- write a short post
- volunteer at an event
- submit a session idea
- join a teacher community discussion

My next step:



You do not need to know everything to share something valuable.

5. Remember This

You do not need to be famous.

You do not need to know everything.

You do not need to have a completely new idea.

You need a real teaching experience, a clear reflection on why it mattered, and the willingness to contribute something that may help another teacher.



Ready to take the next step? Choose one idea from this worksheet and develop it into something you could share with the wider teaching community.