### Sample single-point rubric

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| --- | --- | --- |
| GrowsThings I can work on | Criteria | GlowsThings I did well |
|  | I focused and listened during the meditative exercise. |  |
|  | I illustrated the three strategies that I think will work best for me. |  |
|  | I reflected on how I felt before and after meditation. |  |

### Sample reflection

|  |  |
| --- | --- |
| Ear with solid fillI focused and listened during the meditative exercise. | Smiling face with solid fill with solid fillNeutral face with solid fill with solid fillSad face with solid fill with solid fill |
| Paint brush with solid fillI illustrated the three strategies that I think will work best for me. | Smiling face with solid fill with solid fillNeutral face with solid fill with solid fillSad face with solid fill with solid fill |
| Thought with solid fillI reflected on how I felt before and after meditation. | Smiling face with solid fill with solid fillNeutral face with solid fill with solid fillSad face with solid fill with solid fill |