

My Learning Challenge Meter

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Rate how challenging a task is for you and explain your rating with evidence.

Every task can land at a different level for different learners. The challenge meter helps you describe where a task is for you today so you can ask for the right thing — more challenge, more support, or just keep going.

Your steps

- 1. Pick three tasks from this week.
- 2. Rate each on the 1–4 meter.
- 3. Explain your evidence.
- 4. Set one goal.

1. The meter

Read each level and what it sounds like.

- 1 · Already mastered — “I can do this accurately and explain it.”
- 2 · Easy but still practicing — “I mostly get it; practice still helps.”
- 3 · Challenges me and helps me grow — “I have to think hard and I’m learning.”
- 4 · I need more instruction or support — “I’m stuck even after trying.”

2. My tasks this week

Rate three tasks and give evidence.

Task	Level 1–4	Evidence
Task A		
Task B		
Task C		

My Learning Challenge Meter · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. My goal

Use your ratings to set one goal.

A task where I could ask for more challenge	A task where I could ask for support
My goal for next week	How I will know I met it

My next step

Level 3 work is valuable because...

Optional stretch · Grades 6–8

Track your meter ratings for two weeks. What pattern do you notice?

Optional teacher / parent follow-up: Level 3 is the learning zone, not a problem. Use ratings to start conversations, never as placement.