



WEEK 1



Blank paper or student-made YOU MATTER Journals; Pens or pencils.

Prep time: 5 mins.



Use this WEEKLY REFLECTION as a way to allow students to really connect the week's theme and to reflect on the activities they did and the things they learned throughout the week.

WEEKLY REFLECTION

1) SHARE:

- Now that “FIND YOUR POSSE” week is over, let’s see how we did on our weekly goals

2) RE-SHARE THE WEEKLY GOALS:

- Explore how putting effort into relationships with others can change our lives and the quality of our “CONNECTIONS”
- Discover how we can build meaningful, two-sided relationships where we can count on each other
- Find new ways to make others feel special and cared for
- Understand how “FIND YOUR POSSE” is an important part of this month’s theme, “MONDAY GETS CONNECTED”

3) USE 1-3 OF THE FOLLOWING QUESTIONS TO LEAD A DISCUSSION IN PAIRS, SMALL GROUPS, AND/OR AS A LARGE GROUP, OR AS JOURNAL OR WRITING PROMPTS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals.*

- What was it like to “FIND YOUR POSSE” this week?
- Did you feel like you “FOUND YOUR POSSE” this week, or got closer to finding the people you like to be around?
- How has “FINDING YOUR POSSE” changed you or helped you grow?
- What, if anything, about this week’s activities surprised you?
- What do you understand now about what it means to “FIND YOUR POSSE”?
- What was it like to create a mascot or crest for your “POSSE” this week (the I MATTER activity for the week)?
 - What were some of the images you included?
 - What do those images represent about the type of people you want to bring into your life?

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- **Did you enjoy creating new conversation starters and practicing meeting new people (the YOU MATTER activity for the week)?**
 - What did you learn about meeting new people?
 - Do you feel more comfortable starting conversations safely with new people now?
 - **What was it like to prepare for a “Bring a Friend Day” (the WE MATTER activity for the week)?**
 - Who did you invite?
 - What activity did you invite them to and why?
 - **Will any of the activities that we did now become part of your routine?**
 - **Which activities did you enjoy the most and why?**
 - **What were some of the best moments you shared while “FINDING YOUR POSSE” this week?**
 - **What are the benefits of “FIND YOUR POSSE”?**
 - **How will you keep “FINDING YOUR POSSE,” even if it takes a while or feels challenging?**
 - **What will you share with others about what you learned this week?**
 - **Why is it important to “GET CONNECTED”?**
 - **How can “FINDING YOUR POSSE” and “GETTING CONNECTED” help you know that YOU MATTER?**
 - **How did you show others that they MATTER this week?**
 - **How can all of us “FINDING OUR POSSES” help us know that WE MATTER?**
 - **How could the world change if we all “GOT CONNECTED” and “FOUND OUR POSSES” more often?**
- 4) THANK STUDENTS FOR “GETTING CONNECTED” THIS WEEK BY “FINDING THEIR POSSES.” REMIND THEM THAT “FINDING THEIR POSSES” TAKES TIME AND, MOST OF ALL, THEM BEING THEMSELVES. ENCOURAGE THEM TO KEEP TRUE TO THEMSELVES AND TO REMEMBER THAT THEY “MATTER.”**

**“ A GOOD FRIEND IS LIKE A
FOUR-LEAF CLOVER, HARD TO
FIND AND LUCKY TO HAVE. ”**

- IRISH PROVERB