



WEEK 2

15
MIN



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 “STEP OUT & OUTSIDE” week is over, let’s see how we did on our weekly goals

2) RE-SHARE THE WEEKLY GOALS:

- Discover what we have in common with one another and how we can meet our collective need for “CONNECTION”
- Forge relationships with neighbors, classmates, and others by spending quality time together
- Identify how time spent in the natural world with others can be valuable to all involved
- Understand how “STEP OUT & OUTSIDE” 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 “STEP OUT & OUTSIDE” this week?
- In what ways did you specifically “STEP OUT & OUTSIDE” this week?
- How has “STEPPING OUT” helped you to make new and lasting “CONNECTIONS” with those around you?
- Did you notice anything this week about your surroundings that you hadn’t previously noticed?
 - What was it?
 - What do you think sparked your awareness of it?
- In “STEPPING OUT” of your comfort zone this week, did you overcome any fears or challenges?
 - What fears or challenges were they and how did you overcome them?

-
- **What was it like to “CONNECT” with nature and your own self by sketching trees (the I MATTER activity)?**
 - What did you learn from this activity?
 - **Who did you create an invitation to go on a walk with (the YOU MATTER activity)?**
 - Did you go on a walk with them yet?
 - If so, how did you “CONNECT” with your friend or family member in a new way?
 - **Did you enjoy planning your block party (the WE MATTER activity)?**
 - Are you excited to host a block party?
 - How will you “CONNECT” with others in this new way?
 - **Which activity or discussion from this week helped you to feel more “CONNECTED” to others?**
 - **How has “GETTING CONNECTED” with others helped you to grow?**
 - **Do you feel more likely to “STEP OUTSIDE” now than you did at the beginning of the week?**
 - Why or why not?
 - **What goals could you make as a result of this week’s activities and discussions?**
 - How will you achieve those goals?
 - **What are some other ideas you have for “GETTING CONNECTED” with those around you?**
 - **How has “STEPPING OUT & OUTSIDE” showed you that YOU MATTER this week?**
 - **How did you show others that they MATTER?**
 - **What have you learned about how “STEPPING OUT & OUTSIDE” can be a way to “CONNECT” meaningfully with others?**
 - What have you learned about how it can remind all of us involved that WE MATTER?
 - **What would the world be like if we all “STEPPED OUT & OUTSIDE” and “GOT CONNECTED” more often?**
 - How might it be a more compassionate and caring place?
- 4) THANK STUDENTS FOR LITERALLY “STEPPING OUTSIDE” THIS WEEK AND FOR ALSO FIGURATIVELY “STEPPING OUT” TO NOTICE AND MAKE “CONNECTIONS” WITH OTHERS. REMIND THEM THAT OPPORTUNITIES TO “CONNECT” ARE ALL AROUND THEM, AND TO MAKE THE MOST OF ACTING ON THOSE OPPORTUNITIES.**
- 5) CHALLENGE STUDENTS TO CONTINUE “STEPPING OUT & OUTSIDE” WHENEVER THEY CAN, AND TO NOTICE AND RESPOND WHEN OTHERS MAY NEED MORE “CONNECTION” AND UNDERSTANDING.**

**“THERE IS NO WIFI IN THE FOREST,
BUT I PROMISE YOU WILL FIND A
BETTER CONNECTION.”**

- UNKNOWN