



WEEK 3

15  
MIN



MONDAY  
GETS  
UNDERSTANDING

SORRY!

THIS WEEK: RIGHT A WRONG



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 "RIGHT A WRONG" week is over, let's see how we did on our weekly goals

### 2) RE-SHARE THE WEEKLY GOALS:

- Discover what it means to own and admit mistakes in healthy ways, and put those skills into action
- Identify what forgiveness and respect are all about through interactive role-playing
- Visualize the effects that one person's actions, both positive and negative, can have on society
- Understand how "RIGHT A WRONG" is an important part of this month's theme, "MONDAY GETS UNDERSTANDING"

### 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 did you learn about "RIGHTING A WRONG" this week?
- What strengths did you recognize in yourself as a result of this week's activities?
- How will you put into action all you've learned this week?
- What was it like to go to different stations and learn more about apologizing (the I MATTER activity)?
  - Have you practiced apologizing to anyone this week based on what you learned in this activity? What was that like?
- What did it feel like to write your open letter (the YOU MATTER activity)?
  - Did you ask for forgiveness from someone or forgive someone in the letter?
  - Was this challenging or easy for you?
- Did you enjoy "acting on forgiveness," or acting out short stories based on forgiveness (the WE MATTER activity)?

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- What did you learn about forgiving other people and yourself?
  - **What idea or concept stood out to you the most this week and why?**
  - **In what ways are you different now versus at the beginning of this week?**
  - **Have you become aware of anything new in your life that still needs to be made “RIGHT”?**
  - How will you do it?
  - **Whose life can be bettered by you “RIGHTING A WRONG”?**
  - **How can you spread the message of “UNDERSTANDING” and making positive changes with others?**
  - **How do you think your school, community, and world would be different if everyone chose to “RIGHT” their “WRONGS”?**
  - How will you do your part to begin it?
  - **In what ways can you recognize others for their “UNDERSTANDING” and compassionate actions?**
  - **What activity or discussion helped you to remember that YOU MATTER?**
  - **How did you show others that they MATTER this week?**
  - **What would the world be like if we all “GOT UNDERSTANDING” and “RIGHTED” our “WRONGS” more often?**
  - How would everyone know that WE MATTER?

**4) THANK STUDENTS FOR TAKING STOCK OF THEIR OWN LIVES, RECOGNIZING WHERE CHANGES CAN BE MADE, AND WORKING TOWARD “RIGHTING” THEIR “WRONGS” THIS WEEK.**

**5) CHALLENGE STUDENTS TO NOTICE WHEN THEY ARE BEGINNING TO HOLD A GRUDGE, GET UPSET, OR HURT SOMEONE’S FEELINGS, AND TO RESOLVE THE CONFLICT AS SOON AS THEY CAN. CHALLENGE THEM TO ACCEPT RESPONSIBILITY FOR ALL THEIR ACTIONS, AND REMIND THEM THAT THEY ARE MORE THAN THEIR MISTAKES.**

**“ THE ONLY REAL MISTAKE IS THE ONE FROM WHICH WE LEARN NOTHING. ”**  
- HENRY FORD