



WEEK 2



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 “FUEL YOUR PASSIONS” week is over, let’s see how we did on our weekly goals

2) RE-SHARE THE WEEKLY GOALS:

- Discover what “PASSIONS” we have individually and use them to serve a broader purpose
- Identify characteristics of those who live their lives joyfully and “PASSIONATELY”, and build those characteristics in our own lives
- Learn and practice enthusiasm and “BALANCE” in our own lives
- Understand how “FUEL YOUR PASSIONS” is an important part of this month’s theme, “MONDAY GETS BALANCED”

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 are your overall impressions of “FUEL YOUR PASSIONS” week?
- What did you like best about “FUEL YOUR PASSIONS” week and why?
- What different “PASSIONS” or interests were you able to discover or rediscover this week?
- What have you learned about using your “PASSIONS” to serve and lift those around you?
- How will you “FUEL” and stay committed to your different “PASSIONS”?
- How will you keep your life and your “PASSIONS” “BALANCED” as you go forward?
- Why is it important to “FUEL YOUR PASSIONS”?
- What new strengths, characteristics, or attributes did you discover about yourself this week?
- What was it like to use light bulbs to get inspired and learn about your “PASSIONS” (the I MATTER activity)?

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- Did you have any real “light bulb moments” when doing this activity?
 - What did you learn about your “PASSIONS” from this activity?
 - **Did you enjoy creating your fire artwork as a way to discover how you can “FUEL YOUR PASSIONS” both now and in the future (the YOU MATTER activity)?**
 - How will you keep your “PASSIONS” going in a “BALANCED” way?
 - **What did you learn about dedicating time to your “PASSIONS” in order to master them (the WE MATTER activity)?**
 - How did you start mastering your “PASSIONS” this week?
 - How will you keep working on your “PASSIONS” going forward?
 - Will you fulfill your 20-hour goal? What about 10,000 hours?
 - **Which activity helped you identify one of your “PASSIONS”, or helped you reignite one of your “PASSIONS”?**
 - **How have you felt as you “FUELED YOUR PASSIONS” this week?**
 - **Why are your individual “PASSIONS” important?**
 - **What can you do if you start to get burned out in your different “PASSIONS”?**
 - **What is one thing you can do to help a friend discover their “PASSIONS” and talents this month?**
 - **How will you be supportive and enthusiastic about the “PASSIONS” of others?**
 - **Why should we avoid comparing our own strengths or weaknesses to the strengths and weaknesses of others?**
 - **Who do you know that shares some of the same hobbies and interests you do?**
 - How will you add to each other’s joy and enthusiasm for your shared “PASSIONS”?
 - **In what ways has your life gained more “BALANCE” this week?**
 - **How can you “FUEL YOUR PASSIONS” while still staying “BALANCED”?**
 - **How has learning about your strengths and “PASSIONS” taught you that YOU MATTER this week?**
 - **How have you shown others that they MATTER?**
 - **What would the world be like if we all followed our “PASSIONS” more often?**
 - Do you think we would all remember that WE MATTER more of the time?

4) THANK STUDENTS FOR GETTING ENTHUSIASTIC AND JOYFUL ABOUT ALL THE THINGS THEY’RE “PASSIONATE” ABOUT. REMIND THEM THAT THEIR INDIVIDUAL “PASSIONS” “MATTER” AND CONTRIBUTE TO A VARIED AND BEAUTIFUL WORLD.

5) CHALLENGE STUDENTS TO USE THEIR “PASSIONS” TO DISCOVER MEANING AND JOY IN THEIR OWN LIVES, AND WHENEVER POSSIBLE, TO USE THEM TO LIFT AND SERVE OTHERS.

**“PEOPLE’S PASSION AND DEDICATION
CAN CONQUER ANYTHING.”**
- BRIE BELLA