



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 “TAKE A BREATH” week is over, let’s see how we did on our weekly goals

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

- Practice turning off our thoughts to simply see, feel, and hear the present moment
- Identify opportunities to pause, “BREATHE”, and respond constructively to challenging situations
- Discover how focusing on our “BREATH” helps both our minds and bodies feel happier and healthier
- Understand how “TAKING A BREATH” 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 did you like best about “TAKE A BREATH” week and why?
- What have you learned about making “TAKING A BREATH” part of your daily routine?
- Why is “TAKING A BREATH” important?
- What did you think about “TAKING A BREATH” before this week?
  - What do you think about it now?
- In what ways did you practice “TAKING A BREATH” this week?
- How have you positively impacted your own life by “TAKING A BREATH” this week?
- How have you made a positive impact on others?
  - How did “TAKING A BREATH” help you do this?
- What was it like to take a meditation walk and focus on your “BREATH” and your senses (the I MATTER activity)?

- 
- How can you use this activity in your daily life?
  - **What did you learn about “TAKING A BREATH” and “pressing pause” during challenging situations (the YOU MATTER activity)?**
  - Why is it important to “press pause” when things are challenging or frustrating?
  - How can “TAKING A BREATH” when you’re feeling overwhelmed help you choose to respond instead of react?
  - How will this help your relationships?
  - **Did you enjoy doing some yoga and practicing ocean “BREATHING” (the WE MATTER activity)?**
  - How can you use ocean “BREATHING” in your life going forward?
  - **Which activity helped you understand the importance of “TAKING A BREATH” most this week?**
  - **How have you felt as you “TOOK A BREATH” this week?**
  - How might you feel if you made “TAKING A BREATH” a priority going forward?
  - **How will you share with others what you learned this week?**
  - **How will you keep “TAKING A BREATH” even when it gets challenging to do?**
  - **Are you inspired to “TAKE A BREATH” and “GET BALANCED” more regularly?**
  - How can you commit to this in your daily choices and actions?
  - **How is “TAKING A BREATH” important in order to “GET BALANCED”?**
  - **How can “TAKING A BREATH” in order to “GET BALANCED” help you connect to how much YOU MATTER?**
  - **How can “TAKING A BREATH” help you show others that they MATTER to you?**
  - How can it help you build stronger relationships?
  - **What would the world be like if we all remembered that WE MATTER and “TOOK A BREATH” more often?**
  - How might the world be a better, more loving, and more peaceful place?

**4) THANK STUDENTS FOR CONNECTING TO THE TRUE MEANING OF “TAKING A BREATH” THROUGHOUT THEIR DAILY ROUTINES AND INTERACTIONS WITH OTHERS.**

**5) CHALLENGE STUDENTS TO REMEMBER THAT THEY “MATTER” AND TO CONTINUE FINDING “BALANCE” BY STAYING AWARE OF THE PRESENT MOMENT, RESPONDING CONSTRUCTIVELY TO CHALLENGING SITUATIONS, AND FOCUSING ON THEIR “BREATH”.**

**“NOTHING HAS HAPPENED IN THE PAST; IT HAPPENED IN THE NOW. NOTHING WILL EVER HAPPEN IN THE FUTURE; IT WILL HAPPEN IN THE NOW. REALIZE DEEPLY THAT THE PRESENT MOMENT IS ALL YOU HAVE. BE WHERE YOU ARE. LOOK AROUND. JUST LOOK, DON'T INTERPRET.”**

**- ECKHART TOLLE**