



WEEK 3



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 “GET BACK UP” week is over, let's see how we did on our weekly goals

2) RE-SHARE THE WEEKLY GOALS:

- Discover how we can individually and collectively rise from our difficulties and forge paths of courage
- Identify and practice encouraging others in their struggles, while allowing room for their individual journeys
- Learn from the examples of people in history who have overcome challenges and changed the world
- Understand how “GET BACK UP” is an important part of this month's theme, “MONDAY GETS EMPOWERED”

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.*

- When you think about “GET BACK UP” week, what stands out most in your mind?
- How can helping someone else to “GET BACK UP” make a difference in both of your lives?
 - What are some things you've done this week to help others “GET BACK UP”?
- Why do you think “GETTING EMPOWERED” is an important concept for your life?
- How might your life look different if you always lived in an “EMPOWERED” way?
- What is one thing you've found yourself able to “GET BACK UP” from this week?
 - What gave you the courage or ability to do so?
 - What does that tell you about your inner strength and ability?
- Who is one person you can think of that could use the message of “EMPOWERMENT” and support?
 - What are some ideas you have for sharing that message with them?

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- **Do you know of any organizations that specialize in helping people become more “EMPOWERED”?**
 - Would you be interested in a career or volunteer opportunity with that organization?
 - How could you get involved in that organization?
 - **What are some circumstances where we might need a group or community to help us rise from difficulties?**
 - What part could you play in that group or community to help others overcome the difficulty?
 - How does that remind you that YOU MATTER in helping others?
 - **What are some additional ways you can support others to GET EMPOWERED and remember YOU MATTER?**

4) THANK STUDENTS FOR BEING COURAGEOUS IN THEIR EFFORTS TO “GET BACK UP” AND TRY AGAIN AFTER DIFFICULTIES, DISCOURAGEMENTS, OR FAILURES. REMIND THEM THAT THEY ARE MORE THAN THEIR DIFFICULTIES AND ARE WORTH THE ENERGY IT TAKES TO PUSH FORWARD.

5) CHALLENGE STUDENTS TO NOTICE THE NEEDS AROUND THEM, ESPECIALLY WITH PEOPLE WHO MAY NEED A HAND IN “GETTING BACK UP”. REMIND THEM TO HAVE THE STRENGTH TO ENCOURAGE OTHERS AND BE A VOICE OF “EMPOWERMENT”.

“NO ONE IS YOU AND THAT IS YOUR BIGGEST POWER.”
- DAVE GROHL