



WEEK 4

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 “CELEBRATE THE EFFORT” week is over, let’s see how we did on our weekly goals

2) RE-SHARE THE WEEKLY GOALS:

- Discover how short-term accomplishments contribute to long-term character and success
- Identify what constitutes a sincere effort and put that understanding into practice
- Notice small, daily efforts to overcome or improve, and honor those efforts
- Understand how “CELEBRATE THE EFFORT” 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.*

- **What new things did you discover about your own character during “CELEBRATE THE EFFORT” week?**
- What “EFFORTS” did you notice yourself making this week?
- How do you think those “EFFORTS” will lead to great things in your life?
- Have you felt yourself becoming more “EMPOWERED” this week?
- In what ways have you felt yourself becoming more “EMPOWERED”?
- In what specific ways have you “CELEBRATED” your own “EFFORTS” this week?
- How have you “CELEBRATED” the “EFFORTS” of others?
- How could “CELEBRATING” each small step in your life lead you towards positive choices and paths?
- How has “CELEBRATING” yourself and your “EFFORTS” helped your self-confidence to grow or mature?

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- What have you learned about the process toward success versus the end result of success?
 - Which is more important, in your opinion, or are they equally important?
 - In the future, how do you think you will measure success?
 - How can you look at your “EFFORTS” and know they are worthy and enough?
 - **Which of this week’s activities really helped you recognize that your “EFFORTS” to improve MATTER?**
 - **How have this week’s activities impacted your family relationships or friendships?**
 - **How does “CELEBRATING THE EFFORTS” help you remember that “YOU MATTER”?**

4) THANK STUDENTS FOR BEING PATIENT WITH THEIR OWN “EFFORTS” AND ATTEMPTS TO IMPROVE THIS WEEK. REMIND THEM THAT EACH “EFFORT” SHOWS STRENGTH, DETERMINATION, AND WONDERFUL SELF-AWARENESS.

5) CHALLENGE STUDENTS TO “EMPOWER” THEMSELVES THROUGH THEIR DILIGENT AND GENUINE “EFFORTS” FOR POSITIVE CHANGE, AND TO “CELEBRATE” EVERY TIME THEY GET CLOSER TO A GOAL.

“DON’T WAIT UNTIL YOU REACH YOUR GOAL TO BE PROUD OF YOURSELF. BE PROUD OF EVERY STEP YOU TAKE.”

- KAREN SALMANSOHN