



WEEK 1

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 TRUST week is over, let's see how we did on our weekly goals

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

- DISCOVER how when we are able to TRUST, we are able to live a richer life.
- UNDERSTAND how when we TRUST we make ourselves vulnerable but also show an inner strength.
- ENGAGE and practice ways to TRUST so that we can create a LOVING community.

### 3) CONSIDER USING 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 TRUST week? Why?
- What strategies have you learned to TRUST and GET LOVING?
- In what ways did you practice TRUSTING this week?
- What are some other ways you hope to continue to TRUST in the future?
- What are some ways you can continue to TRUST?
- How can you TRUST and STAYING LOVING even when it may seem difficult?
- How will TRUST and GETTING LOVING help you connect to how much YOU MATTER?

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- 4) **THANK STUDENTS FOR BEING THOUGHTFUL AND MINDFUL ABOUT TRUST THIS WEEK. REMIND THEM THAT WHEN WE ARE ABLE TO TRUST WE CREATE A MORE LOVING A CARING COMMUNITY.**
  - 5) **ENCOURAGE STUDENTS TO SUPPORT OTHERS TO TRUST AND GET LOVING.**

**“ AS SOON AS YOU TRUST YOURSELF,  
YOU WILL KNOW HOW TO LIVE. ”**  
- GOETHE, 18TH CENTURY GERMAN WRITER AND STATESMAN