REFLECTIVE WRITING

Reflective writing not only helps students develop self-awareness but empathy and compassion, too. You can start each day in your class with this practice.

- Give students five to ten minutes to write about a prompt that encourages self-reflection. By practicing reflective writing every day, this can help students learn to consider their thoughts and feelings in a self-aware way.

Here are a few prompts that encourage self-analysis:

1. When was the happiest moment in your life? Why was it so happy?
2. What is your wildest dream?
3. Who is your best friend and how do they make you feel?
4. Why do you think it’s important to be kind?
5. What are some things you like and dislike about yourself?

For complete details on the full Reflection activity, refer to Lead4Change Lesson 8, Activity 3 (12 Lesson Track) or www.waterford.org/education/15-activities-for-teaching-casel-core-competencies