

## 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](http://www.waterford.org/education/15-activities-for-teaching-casel-core-competencies)*