



Mid-Year Reflection

GOAL OF LESSON

Students will reflect on the school year thus far.

LESSON TOPICS

- Goal-Setting
- Responsible Decision-Making
- Self-Awareness
- Self-Reflection

LESSON CONCEPT

- Reflection helps individuals develop an understanding and appreciation of how far they've come in pursuit of a goal.
- Reflection can help individuals recognize growth or lack of growth.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal story about a goal you've pursued.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on the school year. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

Mid-Year Reflection

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Imagine cardio</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the following: A) Beginning of this school year B) End of this school year</p>
2	<p>Grit strength</p> <p>YouTube Vimeo</p>	<p>What emotions do you feel when you think about how the school year started? What emotions do you feel when you think about completing this school year?</p>
3	<p>Perseverance strength</p> <p>YouTube Vimeo</p>	<p>What has been a low point of your school year so far? What has been a high point?</p>
4	<p>Work strength</p> <p>YouTube Vimeo</p>	<p>Reflect on the future. Is there anything you want to do differently in the second half of the school year than you did in the first half of the school year?</p>
5	<p>Patience stretch</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of how you envision yourself at the end of the school year.</p>

More physical workouts can be accessed at subjectofself.org/workouts.