



Design Tool 12.3: Reflection Starters

Directions for teachers: These activities can help students reflect on their use of specific life skills. Substitute different types of activities for Reflection Starters when appropriate. Before each reflection time begins, settle students, quieten them, and ask them to take deep breaths and relax.

Team Q&A

Activity directions: You could put these questions on a slide or give each team a copy. Ask them to discuss their answers to these questions together as a team.

- 1 **What life skill did we practice today?**
 - 2 **When did we use this skill? What was the situation?**
 - 3 **How did it go? What happened?**
 - 4 **So, what's our team's next move with this skill?**
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Encouraging and Caring Actions

Activity directions: Ask these or similar questions when students are practicing empathy or other skills that directly affect classmates. Ask students to discuss their answers in teams or as a class.

Ask:

- ◆ **How did it feel when someone gave you an encouraging comment?**
Let volunteers take turns sharing, then continue.
- ◆ **What encouraging words did you hear classmates saying to one another?** Allow volunteers to share.

Say: Think of how many encouraging words we said to one another today! We are becoming a class of students who really care and support one another. Remember, encouraging words can make a big difference in someone's day!
