

# Reflection

Communication Skills, Module 3





# What is happening in the image below?



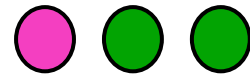
# AGENDA



1. Brainstorm on why journaling could be a good idea for reflecting.

2. Individual journaling.

3. Reflect: Do you think the reflection process will help you to better process things that happen or emotions that you are feeling? Why?

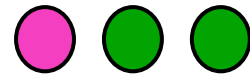
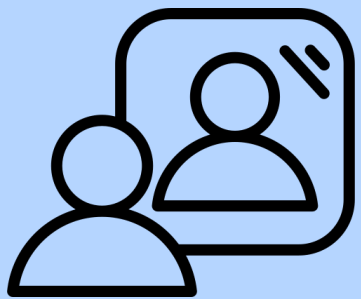
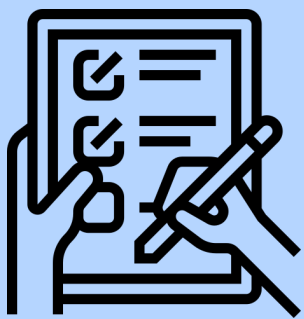
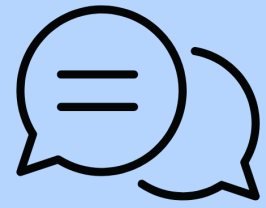


# BRAINSTORM



Does anyone keep a journal or diary? If you do, why do you keep a journal or diary? If not, why do you think it could be a good idea?

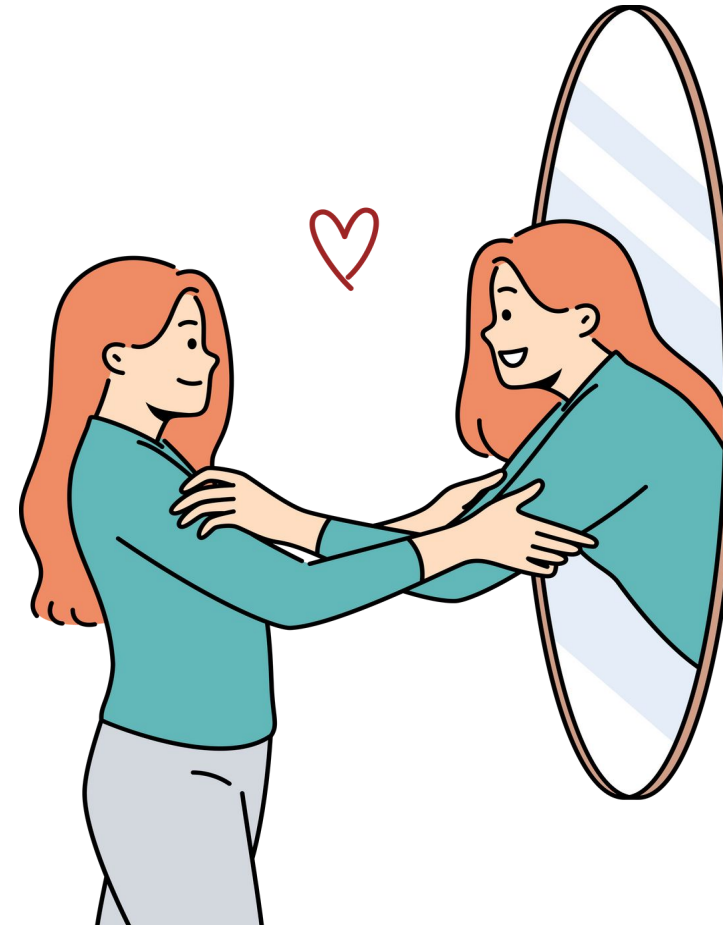


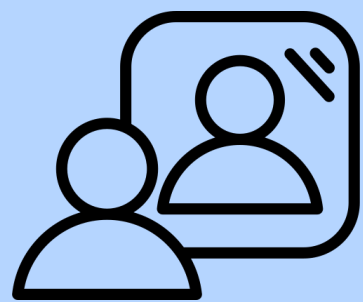
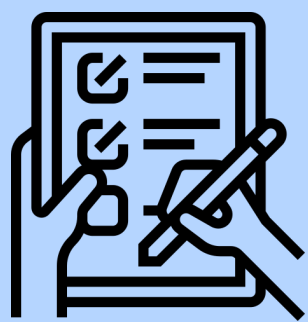
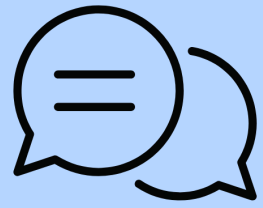


# DISCUSS



From your responses, it appears that some of you use a journal or diary as a space for reflection. What comes to mind when you hear the word “reflection”?





# DIVE IN



## Reflection

When you take part in the reflection process, you think carefully about something. Reflection builds self-awareness, which is the understanding of ourselves. It can look different for everybody.



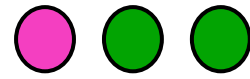
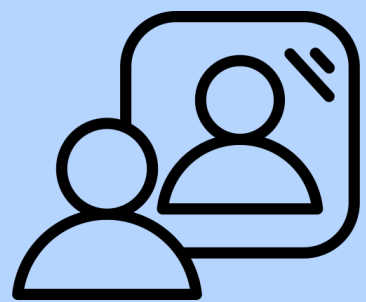
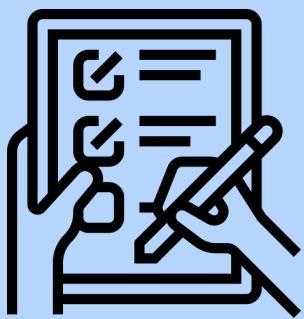
*For some, writing a journal is how they like to reflect*



*Drawing is another way some people like to reflect.*



*Talking to others can also be a very impactful way to reflect.*



# DIVE IN



## Emotions Journal

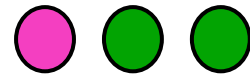
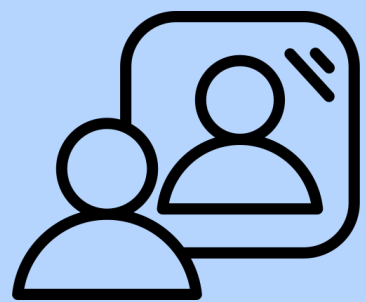
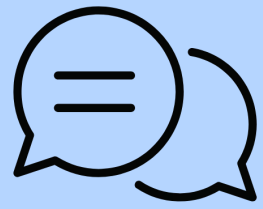


An emotions journal is one where you can record things that happen and how they make you feel.

## Planning Journal



A planning journal is where you can write about your goals and things you want to achieve as well as track your progress.



# DIVE IN



## Travel Journal



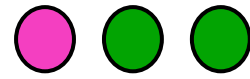
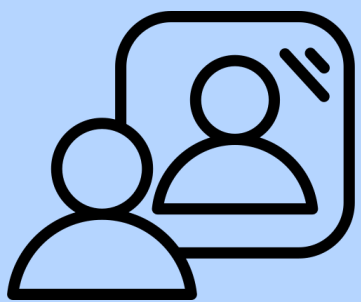
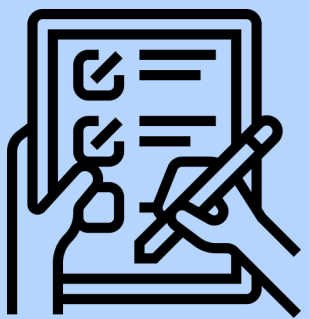
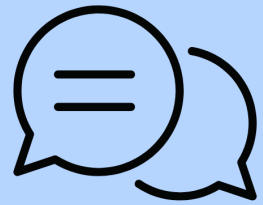
A travel journal is where you can record all the places you have visited or would like to visit.

## Art Journal



An art journal is where you can record ideas as sketches.





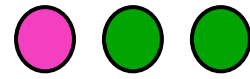
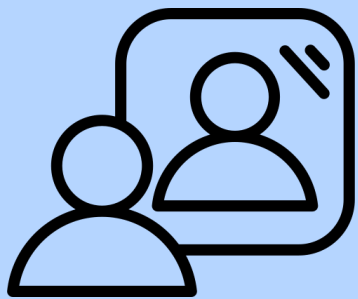
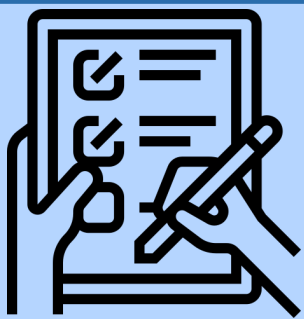
# DIVE IN



## Rules of journaling

1. You do not have to share your journal with anyone.
2. You should never read someone else's journal unless they want you to.
3. There are no right or wrong ways to journal and everyone's journal will look different.





# ACTIVITY



## Independent Work

Respond to one of the prompts on your worksheet.

**emozi High School**

Worksheet

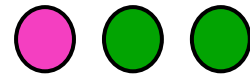
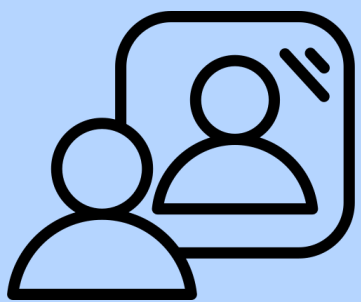
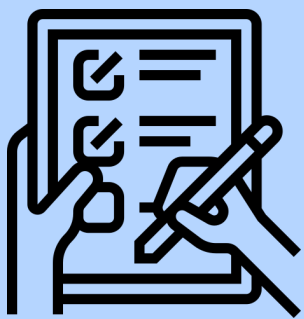
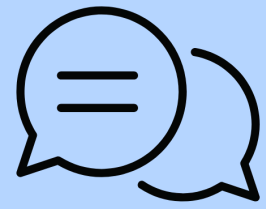
Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Reflection**

**Reflect:** Choose one of the following prompts and respond to it in writing.

- Choose something you've learned in this course and reflect on what it means to you.
- Write a letter to your younger self.
- Write a letter to your future self.
- What inspires you?
- Who do you admire and why?

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# REFLECT



Do you think the reflection process will help you to better process things that happen or emotions that you are feeling? Why?  
Share class results from the Independent reflection.



# Interdisciplinary Connections

Reflection can also help students engage in the creative process. To learn more, check out the resource *How to Reveal the Creative Process Through Reflection* at:  
<https://theartofeducation.edu/2017/11/29/revealing-creative-process-reflection/>



# Home Connection



## Home Connection

### Reflection

Dear \_\_\_\_\_,

Today in class, we learned that when you participate in the **reflection** process, you think carefully about something. Reflection builds self-awareness, which is our understanding of ourselves.

Please encourage your student to practice reflection at home. Provide students with a blank notebook and encourage them to spend 10 minutes journaling every night.

Please do not hesitate to reach out with any questions or concerns.

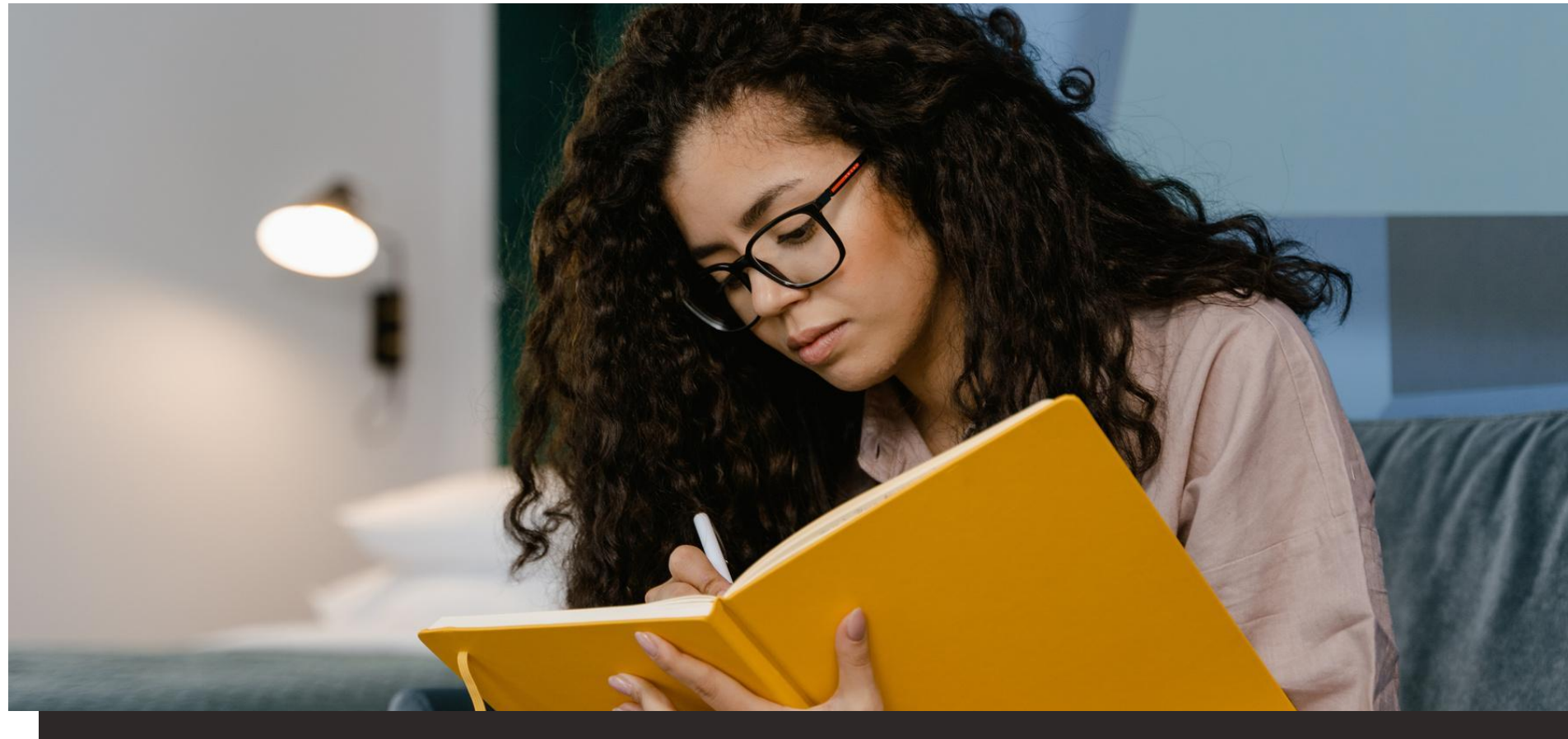
Best,

\_\_\_\_\_

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## Professional Development



Take 5 minutes and reflect on your teaching.  
Are you a reflective teacher? What can you do  
to improve in this area?





**Lesson Complete!**

