



## High School

### 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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