

# SPIRIT OF JESUS



**TEACHER RESOURCES**  
**SECTION 4 – REFLECTION**



# SECTION 4

## REFLECTION

Where is the spirit of Jesus in your classroom? .....	50
How do you get the most out of your day? .....	68
Do you reflect on your day? .....	69
What sort of person do you want to be? .....	70
What is Mindfulness? .....	71
Where is your heart room? .....	72
Activity .....	73
At the end of my day, I am grateful for... ..	74

## SCRIPTURE

*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

**Romans 12:2**

### TAKE AWAY FROM SECTION 4

**That REFLECTION is a crucial tool to be taught, to learn and to evolve as it will improve your life immensely.**

## INTRODUCTION

For many year 3/4s reflection is new so it needs to be taught. It is an artform that needs to constantly be exposed to students, in its many facets, so that it becomes a positive habit for the rest of their lives. It is important for teachers to actively set aside reflection times so that students can stop, think, maybe share and then journal.

## LEARNING INTENTIONS

We are learning that ...

- i) a day is wasted when we do not reflect on it
- ii) year 3/4s need to be taught how to go to their heart room and it is a place where you can find peace, Jesus and maybe a better you
- iii) reflection on our actions and our behaviours will help us to better connect with those around us
- iv) reflection is part of the growing up process that, when done well, will improve your life.

## ACARA CONNECTION

### Achievement Standards YEAR 3/4

Explore how success, challenge and failure strengthen identities (ACPPS033).

Elaborations:

- i) exploring factors that support personal achievement and development of personal identities, such as the influence of family, friends and school
- ii) suggesting ways to respond positively to challenges and failure, such as using self-talk, early help-seeking behaviours, and optimistic thinking
- iii) persisting with new activities and examining how success through persistence can have positive outcomes and strengthen identities
- iv) explaining how meeting challenges makes them feel good about themselves and builds confidence to try new things
- v) talking about how overcoming a challenge or adversity can unite a group of diverse people.

## SUCCESS CRITERIA

Students will be able to:

- i) be taught how to connect their reflections to the Gospel values
- ii) realise that our failures and mistakes are a pathway to success but only if we positively reflect on them
- iii) strive to improve in the future.

see pages 68–70

## 4:1 Attitude

A Reflection PODCAST 3 on choices should be listened to as an activity at the end of The Art of Reflection to consolidate the choices students are currently making and continue to make. Podcast 3 can be found on The MJR Podcast, at Spotify or iTunes.

To listen to The MJR Podcast go to:

Spotify: <https://open.spotify.com/show/4VDJEOncL2UVvL7AqPX91Y>

OR iTunes: <https://podcasts.apple.com/au/podcast/the-mjr-podcast-a-gps-for-life/id1513474986>

The supporting PDF document for this activity is:

[https://www.garrattpublishing.com.au/pdf/MJR-teacher-resources/Bulletins/BulletinResources/Episode\\_THREE\\_3-2-1.pdf](https://www.garrattpublishing.com.au/pdf/MJR-teacher-resources/Bulletins/BulletinResources/Episode_THREE_3-2-1.pdf)

## 4:2 Reflection

1. Reflect on the lyrics of Michael Jackson's 'Man in the Mirror'.  
<https://www.youtube.com/watch?v=Zqe5NP86OCc>  
(5:33 minutes)
  - a) This song is about change and reflection. Ask yourself what you could change in your life or in the lives of people around you to make life better.
  - b) Grab the MJR book and ask students to consider:
    - i) how many pages specifically relate to reflection
    - ii) overall how many indirectly relate to reflection. Why?
2. Read the 'Cracked Pot' story and then reflect with someone about it. Go to  
<https://www.youtube.com/watch?v=ejuranCUdyM>  
(1:35 minutes)  
Talk about perfection and whether it is achievable.
3. Go to Month at the back of the book and write one reflection about you from the past few days. Maybe discuss with someone nearby your favourite movie... this is all about reflecting.

# If it is to be, it is up to me

Read the poem, or ask a student to read it aloud to the class.

- 1) Read the poem out or allocate a student to do so.
- 2) Break the students into smaller groups and get them to reflect on and discuss the following questions:
  - a) 'Is about attitude' ...  
what type of attitude do they believe is needed?
  - b) 'listening' ... try to come up with a list of five attributes/habits of listening that are needed to become a better person /better student
  - c) Google what mantra means and then find ways to apply 'a mantra' in your life.

***If it is to be, it is up to me,***

A short-worded sentence for all,  
It's about attitude, listening, developing habits  
That will allow US ALL to stand tall.

***If it is to be, it is up to me***

Ultimately starts with a choice,  
That I am responsible for what I say and do  
Which in turn, will give you a voice!

***If it is to be, it is up to me***

Means we can take advice from others  
But what we do with it in our lives  
Will affect all sisters and brothers.

***SO, if it is to be, it is up to me,***

Is a mantra for you to apply,  
Don't just say it, but really do it  
For success – just give it a try.

– Marty Ogle