

Make Jesus Real

A
BOOK
FOR
LIFE

TEACHER RESOURCES SECTION 10 – THE ART OF SELF-REFLECTION



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SECTION 10

THE ART OF SELF-REFLECTION

Press the rewind: reflect

on your day	132
Oh yeah!	133
Go into your heart room	134
Taking the next step	136
Following Pope Francis	137
The power of reflection	138
Stretch the moment – reflections	140
Special place	141
Reflecting on the stage of life that I am now finishing...	142

QUOTES

“Knowing yourself is the beginning of all wisdom.”

— Aristotle

INTRODUCTION

Reflection is an art form that needs to constantly be exposed to students, in its many forms, 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) going to your heart room is a place where you can find peace, Jesus and maybe a better you
- iii) meditation and prayer are beautiful ways to connect
- iv) reflection is part of the growing up process that, when done well, will improve your life.

ACARA CONNECTION

YEAR 5/ 6 – HPE

Practise skills to establish and manage relationships (ACPPS055).

Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058).

SUCCESS CRITERIA

Students will be able to ...

- i) connect their reflections to the Gospel values
- ii) develop the habit of self reflection so as to examine the importance of understanding our failures and mistakes and striving to improve in the future
- iii) reflect on successes and celebrate but still find ways to improve further.

SCRIPTURE

Romans 12:2

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.

TAKE AWAY FROM SECTION 10

To establish that the art of self-reflection is a very necessary tool to develop.

see page 142

10:1 Handy Hints for High School

Reflecting on the stage of life that I am now finishing.

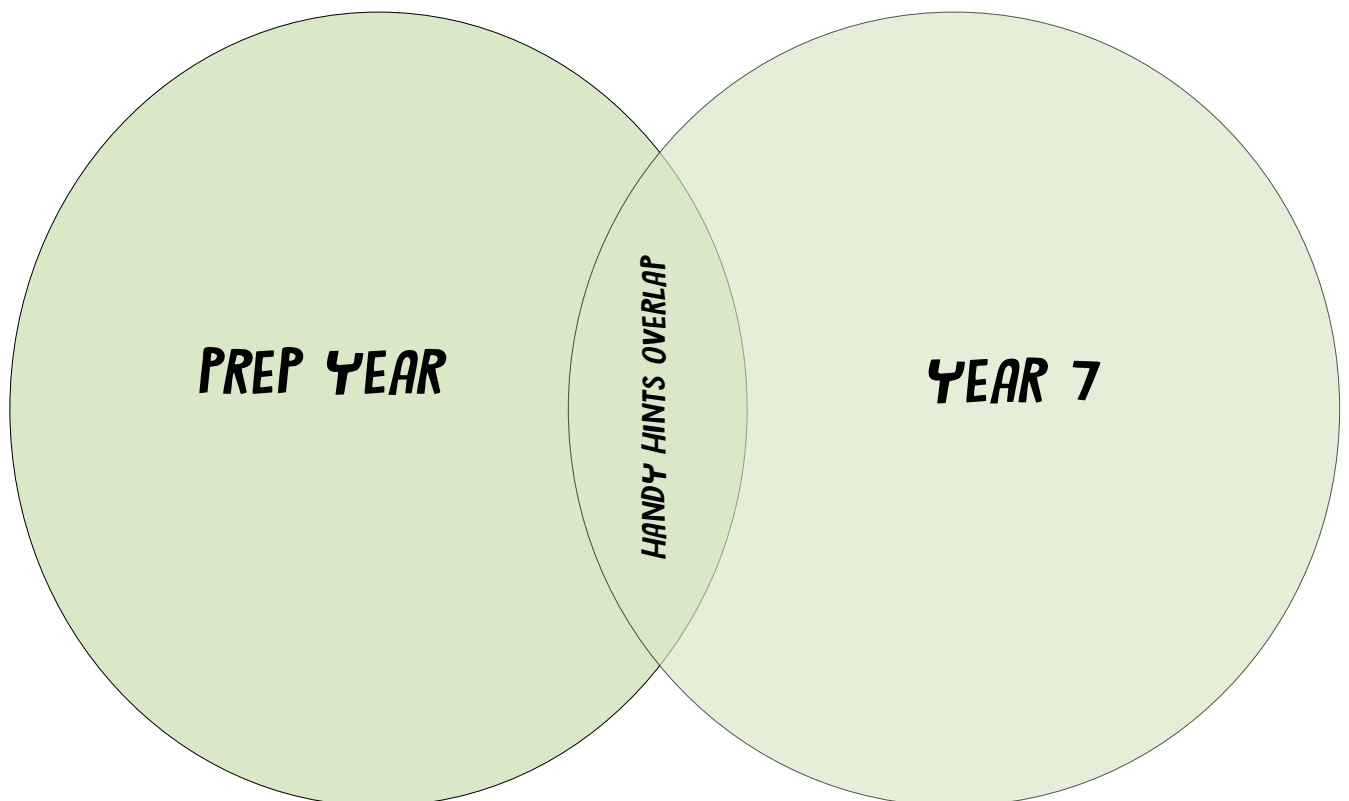
Handy Hints for High School video

<https://www.youtube.com/watch?v=vu8l4Oejvzc>

(3:03 minutes)

- Before watching this video, ask students if they can remember their first day of primary school.
- Workshop on the board hints or tips they could pass on to next year's Prep year students.
- Now watch the video, noting the tips for Year 7 students.
- Ask students to create a Venn Diagram, with one circle for Prep students, another circle for Year 7 students and any overlap in advice in between.

HANDY HINTS VENN DIAGRAM



The aim of this exercise is to show students that while their confidence and competence will have grown since Prep Year, there will also be a core list of hints that they will need reminding of – not only for their transition to secondary school, but as a blueprint for life.

see page 142

10:2 More handy hints

Use this PDF to consolidate the message from the video in 10:1. The PDF lists the pages that link to the hint in the table.

<https://www.garrattpublishing.com.au/pdf/MJR-teacher-resources/Bulletins/BulletinResources/HandyHints.pdf>

see page 142

10:3 Art of 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

see pages 132 & 138

10:5 The power of reflection

A very lighthearted quick video about chilling out during a day where nothing goes right...

Tough Day? Think positive!

<https://www.youtube.com/watch?v=V67-7HONQh4>

(0:41 seconds)

10:6 Best version of yourself

Push yourself every day, to become the very best version of yourself. You don't need to compete with others, just work on becoming better EVERY SINGLE DAY. Successful people never stop learning. **Activity:**

1. Write \$86,400 on the whiteboard and ask students for a wishlist of things they might buy with that money.
2. Now, ask students to imagine a scenario where \$86,400 is deposited into their bank accounts every day. They can spend this money however they want, although best to spend it wisely. The kicker here is that any money NOT spent in a day is lost. They can't bank that money.
3. Now, rub out the \$ sign in front of that figure, and add the word seconds after 86,400. That is the number of seconds we have in a day. Draw an analogy between wasting money and wasting time.
4. Ask students to consider how they are using their time every day. Is there something they've always wanted to do, but never made steps to achieve that goal? (For example: learning to play a musical instrument, writing a short story, perfecting a jump shot for basketball, learning to use their non-preferred foot to kick goals, etc.) The time to tackle or work towards these goals is NOW.

ANALOGY: an agreement, likeness, or correspondence between the relations of things to one another; a partial similarity in particular circumstances on which a comparison may be based.

see page 134

see page 137

Best Version Of Yourself - Motivational Video

<https://www.youtube.com/watch?v=IkDBImBAmNO>

(5:06 minutes)

10:7 Going into your heart room

Would you rather have someone spend time with you OR invest time with you? Think about how God would like for you to invest time one on one with Him. When you know the Secret to your alone time with God, your life changes forever.

The Secret To Time Alone With God

<https://www.youtube.com/watch?v=1j0SsqojqXrg>

(2:24 minutes)

10:8 Following Pope Francis (p 137)

Best Quotes and Sayings of Pope Francis

<https://www.youtube.com/watch?v=J1MV8fT5KGY>

(2:08 minutes)

1. Get students to choose their favourite Pope Francis quote featured in this video.
2. Now ask them to share why they choose that particular quote.

10:9 A beautiful Reflection on 'wasting time'

Prince Ea challenges students (and staff) about a bad habit that can be & must be broken. How are you spending your downtime? Are you killing time, or using time?

Stop Wasting Time

<https://www.youtube.com/watch?v=INVixA8kFdM>

(3:08 minutes)

1. You are what you watch and listen to every day. Discuss the wormhole of Tik Tok and Instagram. How much time are students spending watching these platforms? Could they be making wiser choices?
2. Turn your downtime into time well spent. Ask students to gauge how much time they spend on social media. Then ask them to consider how they might spend that time doing something else instead.

VIDEO REFLECTION



Hamish Blake Video

In this video, Hamish writes a letter to his younger self. This is a letter about mental health. What do you know now that you wish you knew earlier in life?

Just as we have dental health and physical health, we also have mental health. Everybody's got it.

Hamish says to his younger self, 'You need to find your people. You assume you have to change yourself to fit in with other. You wear a mask - pretending to be someone you are not. It's not a great recipe for happiness. You also didn't know that being unhappy was something that you could talk about...'

When you feel like you're overwhelmed, you need to talk to someone to help you make that change that will help yourself.

If Only I Knew... Your Mental Health

<https://www.youtube.com/watch?v=zzKsiQUIH1U>

(6:13 minutes)

1. What is happiness to you?
Name an instance where you
feel happy.

2. Ask your family tonight what
they want for you in your
life. Share their answer here.

3. Hamish spoke about
'wearing a mask to fit in with
others'. What do you think
he meant?

6. List some people who currently offer you assistance in your life. Beside each name, note if they:
- a) really help you
 - b) if you feel you let them help you, or
 - c) what you might have to do to take on their advice.

NAME

NAME

NAME

NAME

7. Name two insights about YOU.
a) What makes you unique/different from other people?

b) Name a quality about yourself that you are happy with.

8. Hamish spoke about insecurities and self-doubt. Make a list and workshop examples of these with the class.

9. Personal reflection after watching this video. (*You can keep these answers to yourself, or share with others if you wish.*) What are some steps you might have to take in the near future to help you:

a) be authentically you

b) overcome self-doubt

(*For example reconsider your current behaviour with others, or choose to talk to someone who might help you with concerns you might have.*)

THE POWER OF REFLECTION

see pages 138 & 139

Have you ever stood so close to a painting that you can only see the colours of dark brown, light green, fawn, orange, off white, and blue? Take a few steps back and you can tell it is a landscape of a valley, trees, creek, clouds and sky. It is only when we step back, that the picture becomes clearer.

The same happens with our daily life

See this reflection with/about God Moments and consider all you do in a day and what you receive daily.

see pages 148

Section 11 concentrates on the Art of Self Reflection during different times of the year. Page 148 brings the reflection LET'S BRING IT ALL TOGETHER. It explains about 'The Mitch Method' of 5 minutes habits of reflecting and journaling. It also discusses how to make reflection a habit and explains how simple the process is but how rewarding it can be.



Peace Out

Can you see where Jesus has been present? Have you considered the gift of time? Read this article extract by Sheila Cassidy in the publication from St Vincent de Paul Society, *Peace Out*.

A conversation with God

See page 5

<https://www.yumpu.com/en/document/read/51579351/peace-out-st-vincent-de-paul-society>

Great Quotes about The Art of Reflection

Go to <https://www.awakenthegreatnesswithin.com/35-inspirational-quotes-on-reflection/> and explore with the class how they can find a suitable quote that appeals to them at this stage of their lives/ education.

Ask students to write their chosen quote on an A3 sheet of paper with a suitable photo/drawing etc. Display the quotes in the class or around the school, ensuring they get to take the sheets home afterwards.

A student reflection

The following page is a reflective exercise that, after it has been completed, can be presented to parents/carers and be placed in a prominent place at home (e.g. bathroom or fridge door) to remind them of MJRisms that they are going to concentrate on in the coming year.

A MEMO FROM YOUR CHILD

1

Hi

(Mum, Dad, Step-Parents, Guardians etc)

I know parenting is hard and I don't help sometimes by stressing you out, but ...

- Please help me to love & believe in myself.
- Don't spoil me, I know I ask for a lot, but I am only testing you.
- Don't tell me my fears are silly - they are real to me - please reassure me.
- Please praise and acknowledge me, even though I know I can 'mess-up'.
- Please be patient with me - we all have bad days, even you.
- Even though I get upset with you, I know that you need to discipline me.
- Encourage me to say 'O.K.' (with a smile) when I am asked to do something.
- Don't forget to tell me that you love me - I love hearing this!

2B

I hope to learn from MJR in 202.....

that I

.....

.....

.....

.....

DATE

3

Please remind me that there are 10 things that require ZERO talent!



2A

Please tell me EVERY day ...

I LOVE you!

To remember that manners are important

To smile

To be 'present in conversations

...how important good friends are in my life

...to make good choices and learn from mistakes

N.G.U. Never Give Up

Something funny!

4

Basic skills for children entering high school

- Make a meal for themselves/family.
- Advocate for themselves.
- Wake themselves up on time.
- Pack their own bag/ lunch/snacks.
- Do laundry - even iron.
- Order at restaurants.
- Be 'present' in conversations.
- Talk to new people.
- Be given the opportunity to show initiative - even if they make mistakes.
- Go grocery shopping.
- Plan an outing for the family.
- Take public transport.

With help from www.parenting.com

Why not put this on the toilet wall?
Marty Ogle, MJR

