

Guidelines

Loreto Student Reflection

Introduction

We all need to take time out, to slow down, to make good choices, to improve our mental wellbeing and to give thanks to God. One way of doing this is through the *Loreto Student Reflection*. Teachers can help students practise this reflection by using the guidelines below. You may add any other prompts and examples that are suitable.

1. Take One Moment

Help the students to find a sense of calm, for example:

- Play a piece of relaxing music
- Close your eyes
- Become aware of your breathing
- Clear your head and relax

Explain to the students that they are now going to look back on their day.

2. Think of One Good Thing that Happened

Ask the students to reflect on their day and to recall the positive things that happened. Give the students some examples:

- Did you help someone or do something worthwhile for someone?
- Did someone help you or do something nice for you?

Encourage the students to focus on one of these good moments and to think about how they felt.

3. Think of One Thing that Could have been Better

Once again ask the students to reflect on their day and recall one thing that could have been better. Give some examples:

- Did you upset someone by your actions or words?
- Did you see someone being rude or disrespectful towards others?

Encourage the students to think about what they could have done differently.

4. Be Thankful to God for Today and Look Forward to Tomorrow

Lead the students in a short prayer of thanks for all that happened today.

Encourage the students to reflect on a goal for tomorrow.

The following prompts may guide their prayer and reflection:

- Thank you God for
- Tomorrow I will try