



## Learning Intention Hey, why this lesson?

To establish positives that will come from learning how to be reflective



### Scripture

*My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing.*

– James 1:2-4

### ACARA Connection

#### RE Key Understanding

Connect to your own State/Territory's key understandings of Religious Education e.g. Christian Living, Religion and Society

### Virtues

- **wisdom** – the ability to use knowledge, experience and common sense in a wise manner
- **appreciation** – enjoy the qualities of someone or something
- **initiative** – to independently act or begin, to take a fresh approach or risk
- **tact** – is about 'learning the line', maybe thinking before you speak

Reflection – we're not talking about looking in a mirror but talking about looking inside ourselves. The message of Jesus helps us to positively reflect. Developing this skill will really improve our lives and those around us!

### Hint

- Make a habit of PR (personal and/or positive reflection) – even 60 secs a day.
- Pick your moment and place to PR.  
Is the end of the day when you are tired, the best time?
- Even though it is called Positive Reflection it can be effectively used on negatives.
- Don't dwell on what went wrong, but pinpoint highlights as well.
- Remember – journaling is a form of written PR

Ask the students to highlight two words – endurance and mature – on page 111. Discuss these terms, especially what they mean for teenagers. Sometimes as a teenager we feel that life can seem hard and dragging on but it is all about learning lessons from life. Discuss this underlined section after reading out the scripture.

### Health and physical education / Year 7 and 8 / Personal, Social and Community Health / Contributing to healthy and active communities

#### Curriculum content descriptions

Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities (ACPPS077).

<https://www.australiancurriculum.edu.au/Search/?q=ACPPS077>

Analyse the W.A.I.T. acronym and discuss how it can be used with reflection.

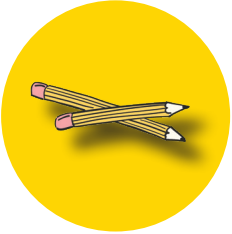
Highlight the definition of reflective practice.



## Warm Up Activity

### The Virtue of Wisdom

1. Wisdom – many people share wisdom that is forever with you. Whose wisdom do you treasure? Family, grandparents, friend, singer, band, etc. Why?
2. What great wisdom do the students (and you) observe in the quote on page 110 from Thoreau. Ask them to explain what they feel about the quote. [This is you sharing your wisdom.] Get them to write their ideas in the journal on page 112.



## Main Activity

### Myths

1. As a class, read the activity on page 109 about repairing friendships when there are arguments - write down the suggestions.
2. The Act of 'Stuffing Up' is a very important thing to reflect upon ... why? Complete the staircase on page 110.
3. Tact is an extremely important virtue to understand and use. Discuss why and complete page 110.

## Spiritual Connection

### Connection Activity

The name Jesus and the word 'Wisdom' go hand in hand. Why? Fill in the activities on page 111.

## Prayer/Reflection

St Thomas More wrote the following 'Prayer for Good Humour'. Maybe when you reflect keep this prayer in mind.

Grant me, O Lord, good digestion, and also something to digest.

Grant me a healthy body, and the necessary good humor  
to maintain it.

Grant me a simple soul that knows to treasure all that is good and that  
doesn't frighten easily at the sight of evil,

but rather finds the means to put things back in their place.

Give me a soul that knows not boredom, grumblings,  
sighs and laments, nor excess of stress, because of that  
obstructing thing called "I."

Grant me, O Lord, a sense of good humor.

Allow me the grace to be able to take a joke to discover  
in life a bit of joy, and to be able to share it with others.

## Reflection Questions



## Success Criteria

### Reflection Activity

Ask the students to choose ONE of the virtues from W.A.I.T. and explain why it is important to improve their own lives. Fill in their journal on page 112.

The students can...

- consider how reflecting on something has improved the situation.
- write about a situation that they need to (or have) improve(d) due to positively reflecting
- reflect on and share their thoughts about words of St Thomas More
- ask students to consider a place where they feel comfortable/safe reflecting – even were able to say why this place is good for them.

## Take Away



Ask the students to write a major aspect of this topic that they feel they need to remember.

## Extensions

### Extension Ideas

1. Use the scripture on page 111 to discuss pain and suffering students may have been through. How does it gel with the situations the students have experienced?

## Relatable Quotes

*What lies behind us and what lies ahead of us are tiny matters compared to what lives within us.*

– **Henry Thoreau**

*Before judging others we should first look in the mirror to see how we, ourselves appear.*

– **Pope Francis**

Compare these quotes – where do they connect in meaning?

