

U Got This



Building Empowerment

Module 1 : Then, Now, Next

Using critical self-reflection skills to support healthy self-expression, positive identity formation, and meaningful future thinking and goal formation.

Lesson Overview

In this lesson, we are utilizing an art form called Mandala to explore the process of self-reflection. Reflection is a skill that encourages critical thinking, a deeper understanding of the self and one's experiences, as well as fosters greater learning and positive growth.

Objectives

- Students can speak to the process and value of self-reflection.
- Students can identify a self-reflective practice that is meaningful to them.
- Students can utilize self-reflection to make meaning of their experiences and build self-awareness.
- Students can use reflective practices to consider the past present and future

Skills

- Critical Thinking
- Self-Awareness
- Creative thinking
- Goal Setting
- Communication Skills

Materials

- Poster paper/large paper
- Markers or writing utensils
- Module handouts
- Materials to design a mandala (drawing/coloring tools, collage materials) or virtual programs to make a collage, i.e. Canva, Microsoft Word, etc.

References

Czyżowska, N., & Gurba, E. (2021). Does Reflection on Everyday Events Enhance Meaning in Life and Well-Being among Emerging Adults? Self-Efficacy as Mediator between Meaning in Life and Well-Being. *International Journal of Environmental Research and Public Health*, 18(18), 9714.

Khademi, F., Rassouli, M., Rafiei, F., Moayedi, S., Torres, M., Marzban, N., ... & Golitaleb, M. (2021). The effect of mandala colouring on anxiety in hospitalized COVID-19 patients: A randomized controlled clinical trial. *International Journal of Mental Health Nursing*, 30, 1437-1444.

Van den Boom, G., Paas, F., Van Merriënboer, J. J., & Van Gog, T. (2004). Reflection prompts and tutor feedback in a web-based learning environment: Effects on students' self-regulated learning competence. *Computers in Human Behavior*, 20(4), 551-567.
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Part 1. Discuss and Build a Foundation (10 minutes)

- What is self-reflection?
- Do you ever use reflection? Think about school, your personal life, or extracurricular activities. What do you reflect on in these settings?
- Why might we practice self-reflection? What benefits can you see from this practice?

What the experts say:

- Self-Reflection is the act of giving serious thought to your experiences, thoughts, feelings, and actions. It can often start with a self-directed question on a certain subject or theme. You can reflect on big picture ideas "who am I?" or smaller scale experiences "Why did that comment make me angry?" self-reflection is a practice of communicating with ourselves honestly, looking inward, and opening up with ourselves about our experiences, thoughts, feelings, and actions so that we can understand them better and learn how they connect to one another. When we understand ourselves and our experiences a little better we can figure out what we need from others and ourselves to grow and reach our full potential.
- Self-reflection is not a one size fits all practice. We each need something a little different to calm our minds and access our inner thoughts. We also may need something a little different to organize and make sense of those thoughts. Self-reflection takes dedicated time and patience, so individuals must find a strategy that works for them, and is accessible and enjoyable.

Part 2: Diving Deeper, Exploring Self Reflection (15 minutes)

- Invite your students into small groups and provide them with a large piece of paper and writing utensils. As a group, students will be asked to brainstorm various strategies that can be used to aid in self-reflection. What are different actions, activities, and environments that best help people think and process their thoughts, feelings, experiences, and actions? Express these ideas on paper in whatever mode you choose.
- Examples: Journaling, nature walk, video diary, voice notes, doodling, dancing, etc..
- Come together as a class to share everyone's self-reflection ideas.
- Inform your class that they will be selecting and trying out a self-reflection strategy to explore big picture self-reflection. Thinking about the past, present, and future to learn more about who they are and what makes them unique!

Part 3. Bringing the Lesson Inward. Making Mandalas (30 minutes).

- This section can be broken up into two pieces if needed, Time for self-reflection, and a separate occasion for creating the mandala art piece.
- Mandalas are an ancient practice in Buddhism and Hinduism. They are a visual tool used to teach, learn and process. The word Mandala can be broken down into two segments Manda which means essence (what something is made of), and la which means container: holder of essence. Making a mandala about ourselves is an act of self-reflection as we consider and portray our unique essence through symbolism and artwork.

- To create a mandala, students will utilize the handout and a self-reflection strategy of their choice to think about their past, present, and future. Give your students the opportunity to experiment with a new self-reflection strategy. If you have the flexibility, go outside or to the gym for even further options (walking, creative, quiet music, etc). The worksheet provides thought prompts, and space to draw, write or symbolize student reflections.
- Students will use their reflections to create an art piece in the form of a Mandala; offering a beautiful visualization of their essence; accomplishments, values, strengths, goals, and dreams. A worksheet with a triangle has been provided to complete the mandala. This can be filled with the words or images they made note of upon their reflection. This can be repeated by hand or photocopied 6 times, which when glued together will make a complete circle. Alternatively, this can be done digitally.
- These completed mandalas can be hung up in your classroom, in your student's home, or put in a special place. This art piece is a symbol of what matters to your student and having it visually available can be an excellent source of pride, self-esteem, motivation, and grounding.

Then, Now, Next Reflection

Self Reflection Strategy exp. journaling, video diary, walking, listening to music, etc?

Then- Reflecting on the Past - Think about the past, reflect in your own way on memories, experiences, people, traditions, and places that have been important to you becoming you. Write or draw or record in another way what comes to mind.

Now - Think about your life and who you are right now. What is showing up in your life at this moment? What do you appreciate? What are you grateful for? What excites you? On the opposite end, what makes you scared, sad, or nervous? What hobbies do you enjoy? Who is a key player in your life, and who inspires you? How would you describe yourself? What is important to you right now? What are the spaces that feel safe or significant to you? Write or draw or record in another way what comes to mind.

Next: Think or imagine your future. How would you like to grow? What are your goals? Whom do you want to be? Where do you want to go? Write, draw or record in another way what comes to mind.

Look or listen to the thoughts you have come up with for your past (then), present (now), and next (future). Are there any themes, values, qualities, or traits that overlap? Write them down here.

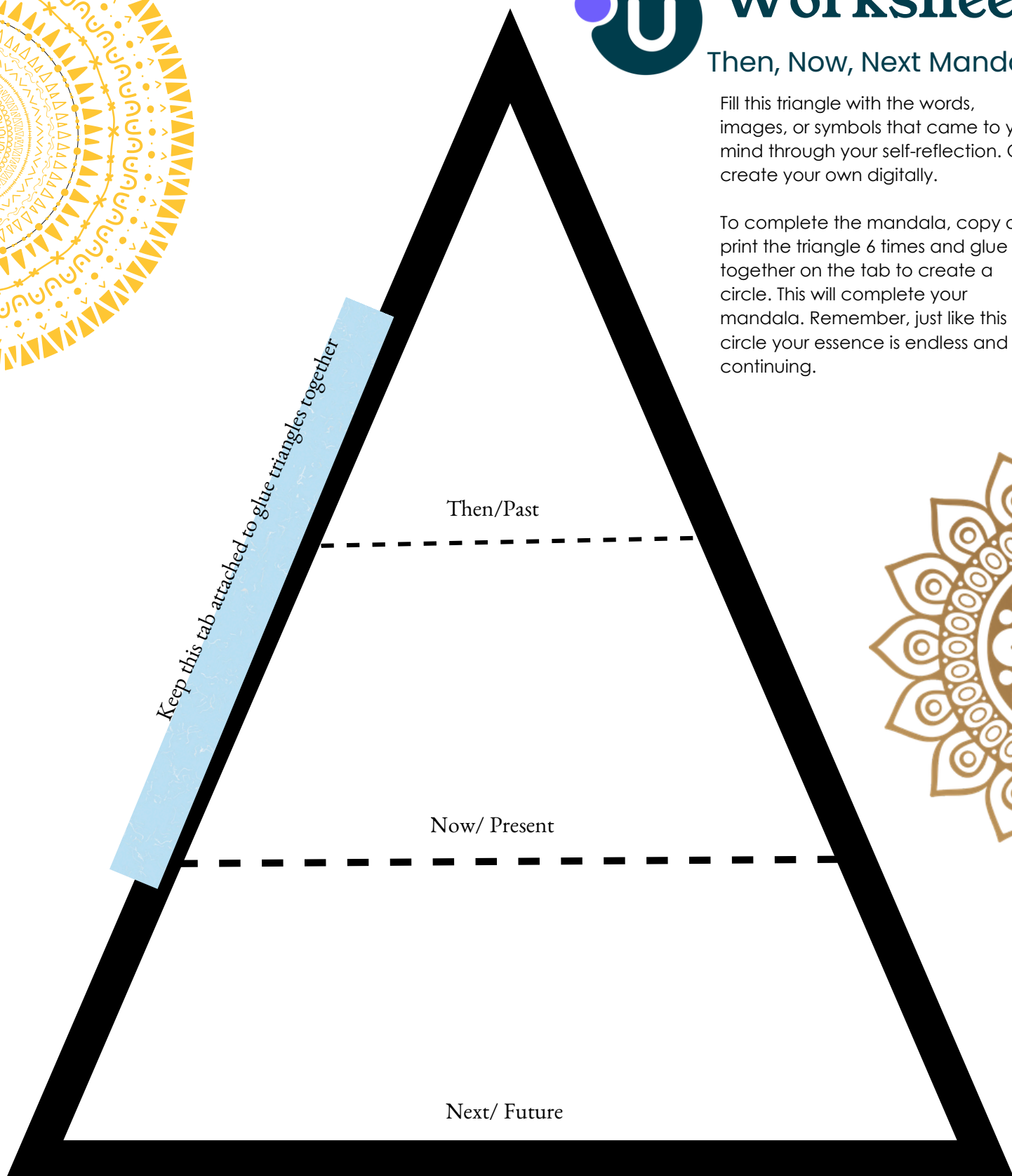


Worksheet

Then, Now, Next Mandala

Fill this triangle with the words, images, or symbols that came to your mind through your self-reflection. OR create your own digitally.

To complete the mandala, copy or print the triangle 6 times and glue it together on the tab to create a circle. This will complete your mandala. Remember, just like this circle your essence is endless and continuing.



Hang up your completed mandala in a place where you can easily see it. Let it help remind you of who you are, how far you have come, and your goals for the future. Look to it in times of self-doubt, uncertainty, or when motivation is needed. You are an amazing, complex person, let this symbol remind you of that!