

Midday Reflection

Encourage children to take 5 minutes around lunchtime to think about their morning. Use these two questions:

- ❖ What things have I (we) done so far today that reflect my (our) values?
- ❖ What could I (we) do better this afternoon?

Acknowledge the ways in which each of you have done well in living out your values with a self-affirmation, such as 'good work!' or 'way to go!', said silently or aloud.

Jot down the ways in which each of you would like to improve - perhaps on a sticky note or in a notepad app - and refer to it once or twice during the afternoon. Don't beat yourselves up if you still fall short of your goals. Just remind yourselves of your intentions and keep trying.