This week we will focus on both group and individual reflection on the Kindness Capstone Project. Students will process the experience on a group level and then create a tangible reflection paper or video that counts toward their final grade.

**Weekly Objectives**

<table>
<thead>
<tr>
<th>Students will:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✑ Reflect on the entire Kindness Capstone project in a group setting.</td>
</tr>
<tr>
<td>✑ Create a Reflection paper or video documenting their personal Kindness Capstone project experience.</td>
</tr>
</tbody>
</table>

**Resources / Materials**

- Paper and pencils
- Self-Reflection Proposal (see below)

**Reflect / Assess**

**Deliverables:**

- Submitted and Approved Self-Reflection Proposal
- Daily Participation points

**KEEP LOGGING YOUR COMMUNITY SERVICE HOURS!**

---

**Share**

**Discussion Starter:**

- What was your favorite part of the Kindness Capstone Project and why?
- If you could have worked on a different project besides your own, which would it have been and why?

**Inspire**

Now that we have reflected with our groups, it is time to focus on self-reflections. It is important to note that there is no right or wrong way to reflect on an experience as long as you are honest and true to yourself. Self-Reflection is very personal and will look dramatically different for people, even if they were on the same team and worked alongside each other.

**Optional:** Sample Self-Reflection Submissions

[https://jteenleadership.org/reflections-final-projects.html](https://jteenleadership.org/reflections-final-projects.html)

The link above includes examples of self-reflection videos, papers, poems, and slide decks. It is up to students to decide what format their self-reflection will be. However, they must complete the self-reflection format proposal and get teacher approval before they begin work on it.

**NOTE:** Grading for self-reflection should be based on content. Did the student include the necessary points in a clear and genuine manner?

**Empower**

Provide each student with the handout below. Go over the proposal and emphasize the following:

- Your self-reflection must review the entire process, from planning to execution. It must also incorporate team dynamics in some fashion.
- If you choose a paper, it must be at least 1.5 pages, but no more than 3. This is not academic in focus. Use proper grammar, but do not ramble. This should be personal, not sterile.
- If you choose a video, it must be 2-3 minutes long and cover the same topics as the paper.
- You can propose any format you want to, but it MUST include everything listed in the first bullet point.

Class time will be provided tomorrow for students to complete their reflections.
Self-Reflection Proposal

Directions: Each student must complete this proposal. Your self-reflection can be in any format you propose as long as you have a plan and include every aspect of the assignment.

Reflect on the following points:

- The Planning Process
- The Project Execution
- Problem Solving for Community Challenges
- Your experience working in a group, including team dynamics (be honest, you will not be graded down for discussing struggles here).
- What did you learn from this project?
- How did this project help you better understand community service and community collaboration?

My Self-Reflection Proposal:

How I plan on incorporating each point above: