

# Kindness Capstone Project Reflection • Day 4

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

Students will:

- Reflect on the entire Kindness Capstone project in a group setting.
- Create a Reflection paper or video documenting their personal Kindness Capstone project experience.

## Resources / Materials

- Paper and pencils
- Internet, Computer Access, etc. for students that select the video or mock web page option

## Reflect / Assess

**Deliverables:**

- Use of Kindness Journal in Class
- Daily Participation points

**KEEP LOGGING YOUR COMMUNITY SERVICE HOURS!**

## Share

**Discussion Starter:**

- How did it feel to begin the process of self-reflection?
- What part of the reflection was the hardest to honestly reflect on and why?



## Inspire

Today is an individual WORK DAY. You have your approved self-reflection proposal which will guide your work today. If you use your time wisely, it is possible to get the majority of your self-reflection completed in class. Make sure to include the following in your self-reflection:

- 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?



## Empower

**Independent Work Time**

During this independent work day, your options are as follows:

- Brainstorm your self-reflection
- Create a self-reflection outline
- Work towards completing your self-reflection
- Discuss your self-reflection with the teacher if needed
- Review your Kindness Journal for ideas related back to your self-reflection

