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