

# Kindness Capstone Project Reflection • Days 1-2

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

## Reflect / Assess

### Deliverables:

- Completed T-Chart
- Daily Participation points

**KEEP LOGGING YOUR  
COMMUNITY SERVICE HOURS!**

## Share

### Discussion Starter:

- How might our community kindness asset mapping look now that we have completed four focused Kindness Capstone Projects?
- Change takes time. What is one concrete way you can keep the momentum after you leave this class?



## Inspire

Your team has just planned and worked through a MAJOR community service project! Although you may feel exhausted after all that project work and management, spending time reflecting on the experience is just as important as the experience itself. This week we will reflect both with our groups in class, and through either a 2-page paper or a 2-3 minute video individually.



Today's focus is a group debriefing of the process. Focus on the following aspects as a group:

- The Plan
- The Project Implementation
- The Community Impact
- The Dynamics of the team

## Empower

As teams break up to discuss the above points, emphasize the importance of kind and respectful words, even if you are discussing difficult topics like team dynamics.



### Day 1:

As a group, start a T-chart of what went well and what you would change.

### Day 2:

Complete the chart and circle three highlights and one challenge on the chart. Each team will present their reflections to the class on the second day.