NOTES TO SELF

WHAT IS IT? A time to reflect and draw/write about yourself.

WHAT IS IT ABOUT? Reflecting on positive experiences, attributes, and aspirations.

THE BIG IDEA

When we take time to reflect on who we are, how we’re growing, and what is special to us, we build an awareness of our strengths and beliefs that we can go back to when we need it.

INSTRUCTIONS

1. Say THE BIG IDEA.
2. Ask students to take out their journals (or a piece of paper) and draw or write in response to the prompt (additional prompts available in Strategy Guide, pages 197-198). Sample prompts include:
   - Draw or write about three things that went well today. What were you thinking? How were you feeling? What did you do?
   - I believe... Write a list of words or draw the top three most important beliefs you have and why they matter to you (e.g., I believe telling the truth is important). You can use magazines and have students cut out words or pictures that represent their beliefs.
   - Draw or write about your best possible future self. Who will you be when you grow up? What will you do? What do you like about that future person? Why are those things important to you?
3. Turn on calming music and give students 5-10 minutes to draw or write.
4. Optional: Give students the option to share their drawing with you privately or with the class. Write an affirming note back to the student with a smiley face, sticker, or stamp.

MATERIALS

- Journals (optional).
- Music

FRONT
OVER THE YEAR...

Second grade is a time to connect one’s self-concept and one’s beliefs to reading and writing activities, and to other times of the day. Have students reflect on themselves in different types of reading, writing, and art activities – for example, make a vision board, create a collage of images, or make a list of words that reflect one’s beliefs, etc.

To start, allow students to decorate the cover of their journals to represent aspects of their identity, heritage, and culture that make them who they are. For second graders, this could be their favorite foods/songs/dances, who is in their family and where they are from, where they live, what they are good at, etc. Students can draw and color, or cut and paste collage-style.

As the year progresses, use a variety of different prompts that give students an opportunity to reflect on aspects of who they are, how experiences make them feel, and things that are important to them. Encourage students to draw with more and more detail as their skills develop throughout the year and to begin labeling their pictures with words, as they are able.

Lastly, give students time to go back into their journals to review what they’ve drawn and written throughout the year. Choose prompts that allow students to reflect on the best parts of their year, challenges they’ve overcome, things they’ve learned, and their goals for the future.

BACK