

MODULE 7.5

AWE for Educators



TAKE IT DEEPER: An Awe Reflection

Let's take a brief moment to reflect on a time you felt awe.

Can you think of a time you felt a sense of awe? Try to recall the details of this moment.

What were you doing? Where were you? Was there anyone else around?

How did it feel in your body? What thoughts did you have?

Do you remember having any shifts in your thoughts or emotions?
Did this experience have a significant impact on you in any way?

