



# STUDENT REFLECTION JOURNAL

***Module 3: Humility • Acceptance • Inclusion***

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## PAGE 1 — My Starting Point

### 1. How do I show humility right now?

Write or draw what comes to mind.

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### 2. When do I feel included?

Describe a moment at school, home, or in the community.

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### 3. When do I feel left out?

This is private unless you choose to share.

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## PAGE 2 — Understanding Myself

### 1. My Strengths

List 3 things you are good at or proud of.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 2. My Quiet Strengths

What are things you do well that people might not notice?

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### 3. My Challenges

What are you still learning or trying to get better at?

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## PAGE 3 — Acceptance & Inclusion in My Life

### 1. A time someone accepted me:

What happened? What did it feel like?

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### 2. A time someone included me:

What did they do differently?

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### 3. A time I included someone else:

How did they respond?

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## PAGE 4 — Learning From Our Ancestors

### 1. Which traditional role fits you best?

(Choose one and explain why.)

- Hunter
- Medicine/plant knowledge keeper
- Quiet observer

- Builder
- Storyteller

Why?

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## 2. How did our ancestors practice inclusion?

Write one tradition, teaching, or story that shows this.

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# PAGE 5 — Barriers I Face

### What gets in the way of including others?

Circle one:

Fear • Assumptions • Pressure to fit in • Not understanding • Past hurt

Explain your choice:

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### What small step could help you overcome this barrier?

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# PAGE 6 — Real-Life Situations

Choose **one** scenario from the slideshow and reflect:

### 1. What was happening in the scenario?

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### 2. What could a humble response look like?

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**3. Would that be easy or hard for you? Why?**

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## **PAGE 7 — My Relationships**

**1. Someone who shows humility:**

What do they do that inspires you?

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**2. Someone who feels left out sometimes:**

(No names needed — describe the situation.)

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**3. One thing I could do to support them:**

Small actions count.

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## **PAGE 8 — Talking With Humility**

**1. Which humble sentence starter will I practice?**

(Choose one.)

- “Can you explain more?”
- “I see why you’d think that.”
- “I’m not sure, but I think...”
- “I was wrong. What can I learn?”

Why did you choose it?

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# PAGE 9 — Weekly Reflection

**1. What inclusive action did I try this week?**

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**2. What happened when I tried it?**

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**3. How did it make me feel?**

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**4. Would I try it again? Why or why not?**

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# PAGE 10 — Final Reflection

**1. What did I learn about humility?**

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**2. How has my understanding of acceptance changed?**

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**3. How will I practice inclusion from now on?**

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**4. What is one gift I have that others might not see yet?**