



STUDENT REFLECTION JOURNAL

Module 3: Humility • Acceptance • Inclusion

PAGE 1 — My Starting Point

1. How do I show humility right now?

Write or draw what comes to mind.

2. When do I feel included?

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

3. When do I feel left out?

This is private unless you choose to share.

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?

3. My Challenges

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

PAGE 3 — Acceptance & Inclusion in My Life

1. A time someone accepted me:

What happened? What did it feel like?

2. A time someone included me:

What did they do differently?

3. A time I included someone else:

How did they respond?

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?

2. How did our ancestors practice inclusion?

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

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:

What small step could help you overcome this barrier?

PAGE 6 — Real-Life Situations

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

1. What was happening in the scenario?

2. What could a humble response look like?

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

PAGE 7 — My Relationships

1. Someone who shows humility:

What do they do that inspires you?

2. Someone who feels left out sometimes:

(No names needed — describe the situation.)

3. One thing I could do to support them:

Small actions count.

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?

PAGE 9 — Weekly Reflection

1. What inclusive action did I try this week?

2. What happened when I tried it?

3. How did it make me feel?

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

PAGE 10 — Final Reflection

1. What did I learn about humility?

2. How has my understanding of acceptance changed?

3. How will I practice inclusion from now on?

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