

High Five Friday

Connect Activity

New Challenges

When we take the time to be reflective it is also the perfect opportunity to set yourself a new challenge. Here are a few simple tips for goal setting, when you think of a challenge or something you would like to work on. Break big goals into little goals. Celebrate the little wins. Hitting goals is exciting, share your 'wow' moments! Share your goals with the people in class and encourage each other. Reflect together – and share your own challenges and problem solve together on how to overcome them.

Reflective Thinking

- What was easy?
- How did you overcome the challenges?
- What did you learn?
- What was challenging?