

# 12 Choose and Begin Practicing a Quiet-Time Reflection Activity

## TRANSITION OBJECTIVE

Students will choose an activity from the quiet-time and reflections category and develop a written report describing it.

## RELEVANCE TO SUCCESSFUL TRANSITION

According to Plato, "The life that is unexamined is not worth living." People who live happy, successful lives have learned to reflect and examine their lives.

## INSTRUCTIONAL SEQUENCE

### ❑ STEP 1: Update Journal

Taking quiet time is good because . . .

### ❑ STEP 2: Convene Roundtable

"When I take time for myself to sit quietly and think, I feel \_\_\_\_."

### ❑ STEP 3: Advance Organizer

"For the next few days you will choose and practice a way to spend quiet time and then report your results."

### ❑ STEP 4: Activity – 15 Minutes

Start the lesson with an inspirational quote. Review the types of activities that fall into the "quiet time and reflection" category by having students brainstorm a list of at least 10-15 activities and write their responses on the board. Explain that students will work in pairs to complete a worksheet about a quiet time activity of their choice.

Review the **Quiet Time & Reflection Worksheet Sample** with the students (show on screen). Explain that students will gather information and complete their worksheet. While reviewing the sample, provide time for questions and ideas. Provide resources for students including access to computers and online information, newspapers, books and magazines related to these activities.

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LIFE MANAGEMENT: Unit 2 LESSON 12

Quotes

*The life that is unexamined is not worth living*  
Plato

*Whoever knows others is clever  
Whoever knows oneself is wise  
Whoever conquers others has force  
Whoever conquers oneself is strong*  
Lao-Tzu

*Your attitude determines your attitude.*  
Stephen Covey

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LIFE MANAGEMENT: Unit 2 LESSON 12

Quiet-Time & Reflection Worksheet

Name of Activity

Cost of Activity

Location of Activity

Description of Activity

List three ways this activity helps you to be a better person:

- 1.
- 2.
- 3.

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### ❑ STEP 5: Activity – 30 Minutes

Students complete the **Quiet Time & Reflection Activity Worksheet**. Circulate and assist students in choosing a topic and finding resources as needed. Assist students with poor writing skills by providing accommodations for writing. Students turn in their worksheets when completed.

### ❑ STEP 6: Evaluate Outcomes

Taking time to reflect about myself is important because “\_\_\_\_\_.”

### ❑ STEP 7: Connecting Activity

Have students keep a daily log of their quiet-time and reflection activities. Review their logs and encourage a brief sharing period after a week.

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LIFE MANAGEMENT: Unit 2 LESSON 12

Quiet-Time & Reflection Worksheet Sample

**Name of Activity**  
Take a long walk in park.

**Cost of Activity**  
No cost.  
Need good shoes.

**Location of Activity**  
Near my neighborhood, or the park or in open fields.

**Description of Activity**  
I like to walk by myself where I feel safe. As I walk, I listen to the birds and other noises. I look at the clouds and the landscape or the buildings around me. I think about things I've done or not done and how I will do better.

List three ways this activity helps you to be a better person:

1. I spend time by myself.
2. I have time to think about doing things better.
3. I am in the fresh air and I feel free.

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## KEY WORDS

reflection

thought

ponder

meditate

## MATERIALS AND PREPARATION

- Student Handouts: **Quote**, page 74; **Quiet-Time & Reflection Worksheet**, page 75; **Quiet-Time & Reflection Worksheet Sample**, page 76.
- Choose a story from the book, *Chicken Soup for the Teenage Soul*, by Jack Canfield (check library or bookstore for copy). Make this and other materials available to students to use for their report.
- Provide assistance and needed accommodations for students.
- Prepare for student reports. Provide audio/visual equipment as needed for demonstrations.

## SCANS FOUNDATION SKILLS

- Basic Academic Skills: Writing, Listening
- Thinking Skills: Creative Thinking, Visualizing
- Personal Qualities: Self-Management, Integrity/Honesty

**"It is one of the most beautiful compensations of this life  
that no man can sincerely try to help another  
without helping himself."**

## Reflection Notes

