



think
better



learn actions
well done carefully
see
Reflection
time differently
went person
become
take

Virtue of the Week – REFLECTION



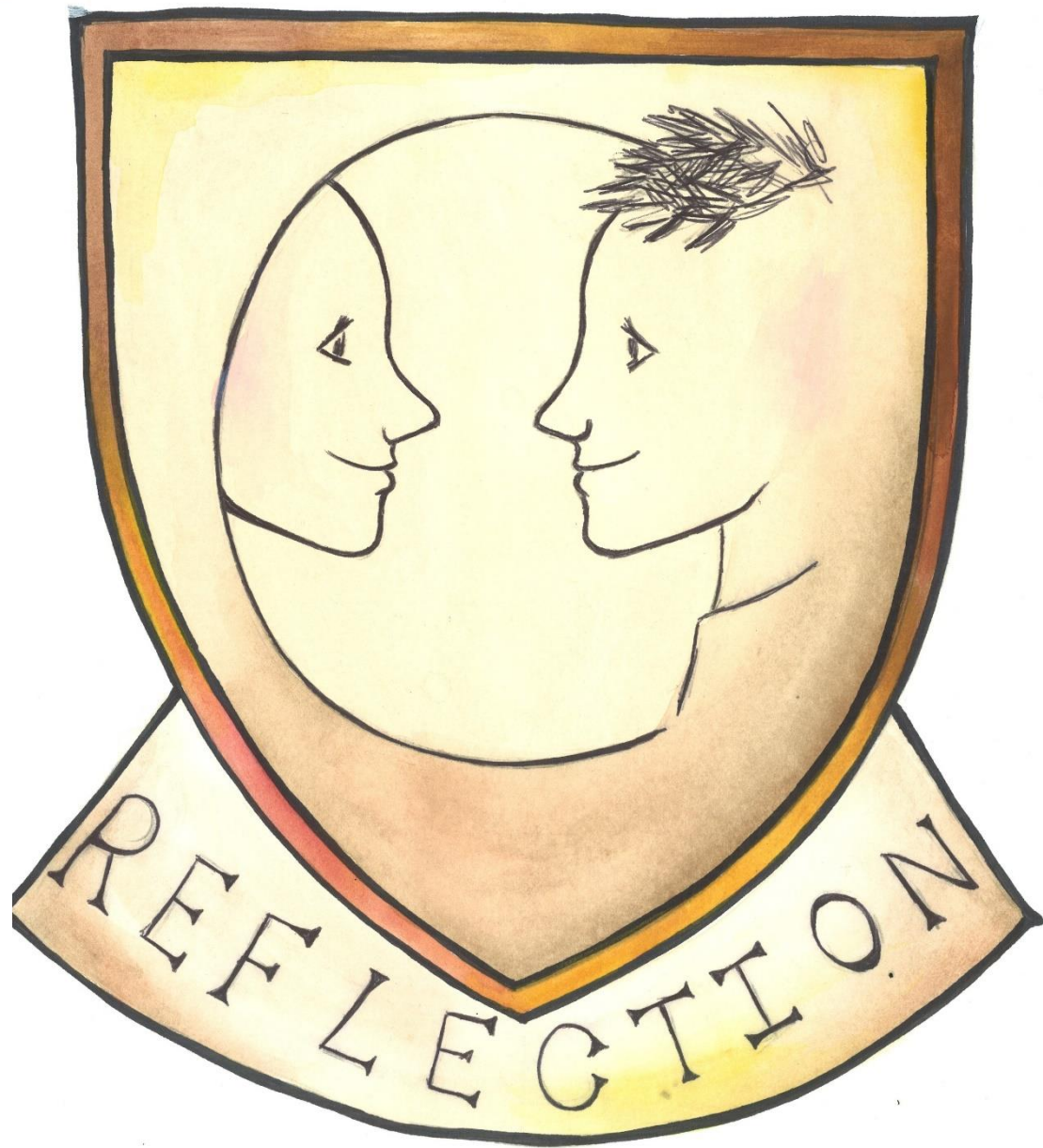
“The Lord is my
light and my help.”
(Psalm 26:1)

You might be awarded a *reflection* virtue for doing things like:

- Completing an assessment, test, quiz or exam
- Completing self-assessment or peer-assessment
- Engaging with feedback and green pen



- ***You take time to think about what you have done in order to learn about what went well and what you could have done differently or better.***
- ***You think carefully about your actions to see how you can become a better person.***



Mental Health

Knowledge

This week is children's mental health week. As we all know, our mental health is just as important as our physical health. To keep our mental health in check, we must take time to reflect on our thoughts, feelings, attitudes towards others and ourselves. Have a look at this video on the [Reflection in Me!](#)

Reasoning

Sometimes, it is hard to understand and maybe communicate to others, what is going on inside our heads. To help us with our self reflection, we are lucky enough to be granted access to a 30 day, mental health reset.

Why is it important to keep a check on our mental health?

Practice

1. Sign up to Nexgen [30 day mental health reset](#). You will have the sign up link posted on your form ClassCharts.
2. Whenever you're in need of time for self reflection, log on and click on the video that applies to your feelings for that day.
3. Keep a regular check on your emotions and feelings, don't ignore them.