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Reflection

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# Virtue of the Week – REFLECTION



“Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves: that Jesus Christ is in you?”

(2 Corinthians 13:5)

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.***



# Queen Elizabeth II

## Knowledge

- At this time we are reflecting upon the life of Queen Elizabeth II, who passed away last Thursday.
- When we reflect upon a person's life in this way, we search for lessons we can take from that person to help us to live better lives and make the world a better place.
- Watch this short [CLIP](#) about the Queen, or choose your own.

## Reasoning

1. Which of our core virtues does your video mention that the Queen showed during her reign?
2. How about our guest virtues of honesty, sense of humour and love of neighbour? Did you spot those?
3. Is there any other way the Queen demonstrated virtue which you know about but which wasn't included in your video?

## Practice

1. Reflect on the life of the Queen in a way which helps you and allows you to help other people.
2. Take lessons and inspiration from everybody around you, watch how they do things and bring the best of it into your own life.