



Topic 26 'Reflective Practice'

pages 109 -112

Focus on one of the virtues in the top right hand corner of page 109.

- For example, TACT – what is it?
- How do we lack this?
- Can it be a simple solution to many of our stresses and problems?

Topic 26 Reflective practice

wisdom
appreciation
impartiality
tact



What is reflective practice?

Reflective practice is the act of carefully and honestly considering your daily experiences. Reflective practice becomes positive reflection when you are able to gain insights into how to 'move forward' in a positive way and improve your own personal development. What are you WAIT-ing for?

How often do you currently engage in reflective practice?

- ☐ Never ☐ Sometimes
☐ Mostly ☐ Always

Why is reflective practice important?

When you stop and take time to reflect, you can ensure that all of your decisions are made with W.A.I.T. (wisdom, appreciation, impartiality, tact).

W = wisdom
A = appreciation
I = impartiality
T = tact

An example of positive reflection

You have become angry after having an argument with a friend and you have stormed off. After positively reflecting on this experience, you realise that you need to take a breath or maybe listen more carefully and treasure their friendship.



Q What would your friends tell you to do to repair the friendship?
Fill in the speech bubbles.

A 

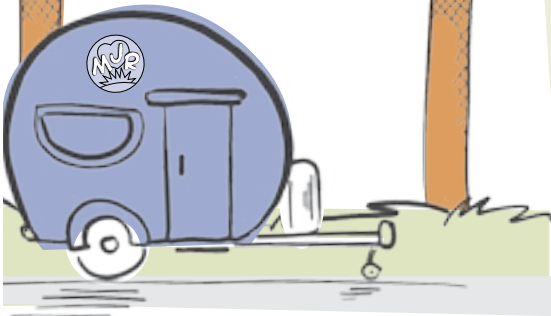
Hints for achieving positive reflection

- ⚡ Take '60' - positively reflect and just 'be' for 60 seconds.
- ⚡ Time and place - choose a time of the day and a comfortable place for you to reflect.
- ⚡ Journal - write down your thoughts and identify how you can redirect your emotions.

Do you know of any other handy hints?

Let's practise positive reflection

"What lies behind us and what lies ahead of us are tiny matters compared to what lives within us."
- Henry David Thoreau



What is TACT?

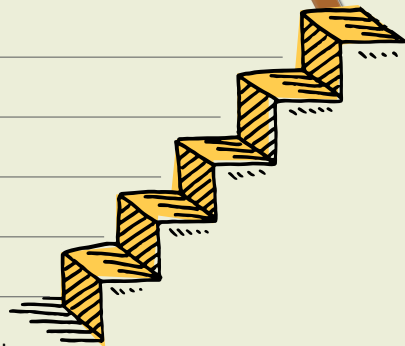
Tact means being sensitive in dealing with others' feelings. Having tact can also remind us to be grateful for what we have. When we don't show tact towards others, our relationships with others can be weakened or damaged.

Appreciating a 'Stuff up'

You can learn so much from your mistakes, but sometimes, it is not until afterwards that you can truly appreciate the lesson you were supposed to learn.

Reflect on a time when you 'stuffed up'. Think of the stuff up and then consider the steps that happened to allow this to occur.

Write this on the stairs.



In what way are you grateful to have learned from this mistake?

Reflecting on Jesus' wisdom

Jesus reflected often, and deeply. He reflected by looking inside himself. At the Last Supper, Jesus knew that one of his own would betray him, but rather than be angry at this person, he reflected on the wonderful gift that he was able to leave his followers in the Eucharist.



Q What is one piece of wisdom that you have learned from hearing about the life or person of Jesus?

A


Q What is one piece of wisdom that you have learned at some point in your life?

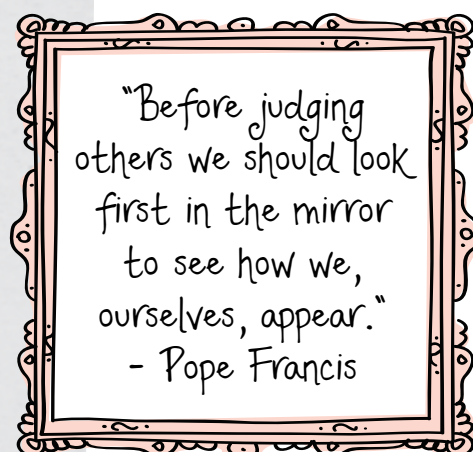
A

My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing.

James 1:2-4

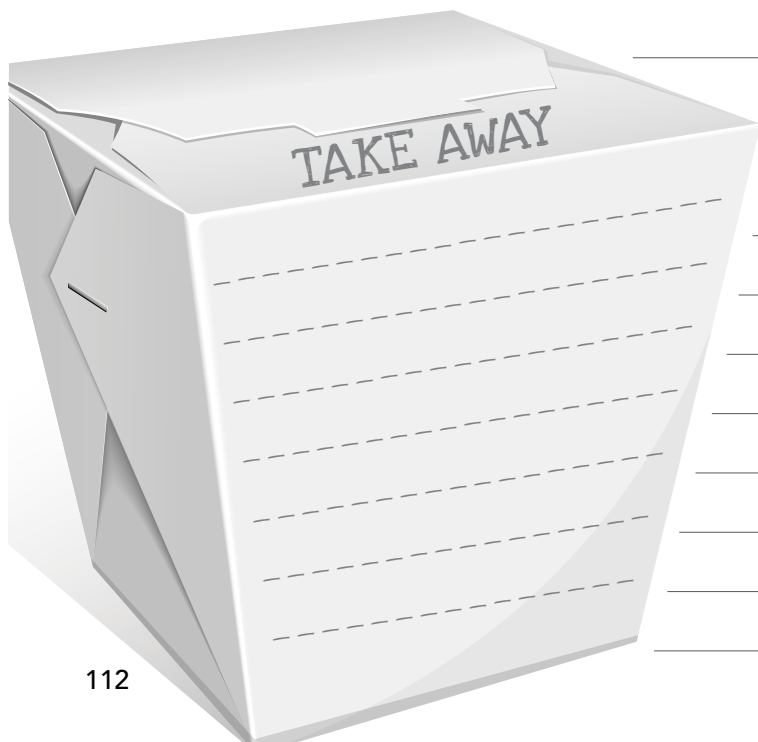
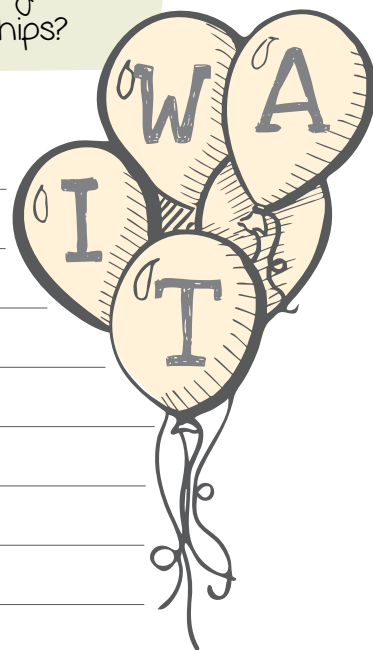
Q What trial have you faced in your life that has helped you grow in wisdom, appreciation, impartiality or tact?

A 



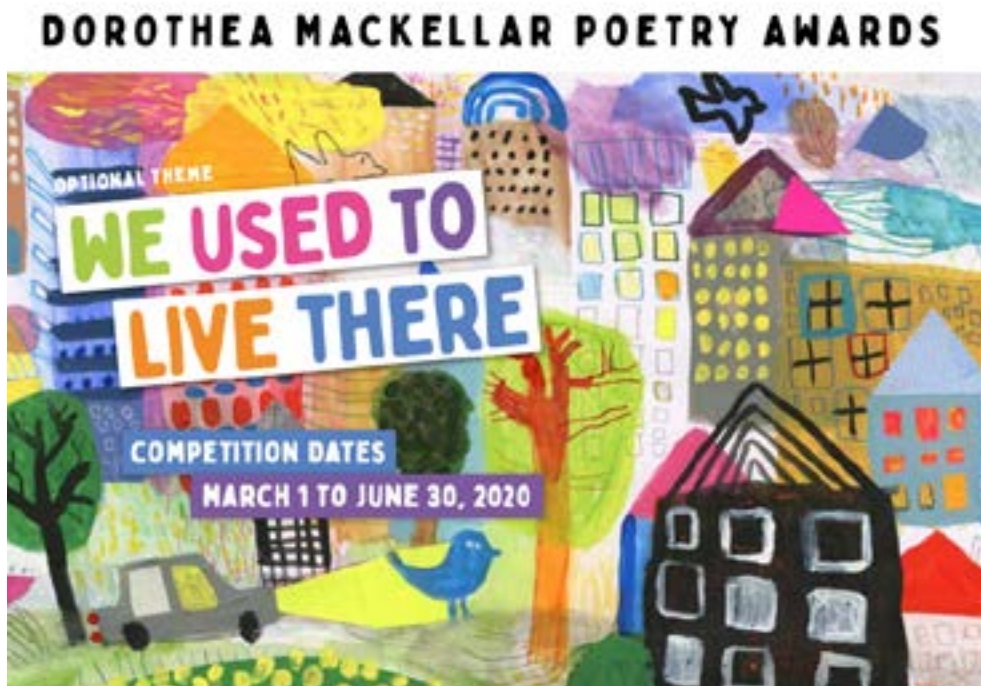
JOURNAL

Reflect on the acronym W.A.I.T. (wisdom, appreciation, impartiality, tact).
Which virtue do you need to work on to improve your relationships?



The Write Stuff!

Use this time to write about your experiences. The following are two National Competitions you might like to enter!




[Dorothy MacKeller's Poetry Awards](https://www.dorothea.com.au/How-to-Enter-awards)

<https://www.dorothea.com.au/How-to-Enter-awards>



Home :: AWARENESS :: Australian Young Writers - Creative Writing 2020

 **Australian Young Writers - Creative Writing 2020**

[National Young Writers](https://www.mhfa.org.au/CMS/australian-young-writers---creative-writing-2020)

<https://www.mhfa.org.au/CMS/australian-young-writers---creative-writing-2020>

Self-evaluation Grid

This is a great way to check in with how you are feeling.

The self-evaluation grid contains 26 questions. Rate your answers against each question by writing in the number — from 1 to 5 — that best describes your answer.

For instance, if you know that you never organise yourself for the day ahead, you would add the **number 1** to that box, or if you always organise yourself the night before, then add the **number 5** to the box - yes, you are totally smashing it!

When you finish filling in your grid, count up all the number 1 questions and add that score in the box opposite. Then do the same for the rest of the numbers. These answers will help give you an overall idea of how you are currently feeling and reacting to the world around you.

If you like, you can also colour in the squares of the grid with the different colours of the answer box to easily graph how you are feeling. Too many answer '1's? Maybe you could rethink your attitude or ask an adult for help to turn your negative feelings around.

Answer Options Score Here

1	
2	
3	
4	
5	

Answer Options

- 1** = Not at all
- 2** = Sometimes, when someone makes me
- 3** = Sometimes, when I think about it
- 4** = Yes, but I could do better
- 5** = Yes, totally smashing it!

Doing jobs cheerfully	Preparing for the day	My attitude	How happy I feel
I participated in all activities (even though I didn't want to sometimes)	Saying OK – with a smile – when asked to do something	Listening to others	Response during this difficult time
Working as a team member e.g. with family	Making positive comments	Making new friends	Trying something different
Bringing others into activities	Co-operating with adults	Appreciation of Nature during this time	Respecting dignity of others
Sharing personal feelings	Accepting Jesus into my life	Taking the initiative	Learning new things
Seeing myself as a leader	Learning new things about myself	Volunteering for jobs	Saying Good Morning and Good Night to people
Building up someone by my comments	Making 'It' happen – something good!	Self-evaluation Grid	

Journal Time

My evaluation of how I think I did (or am still doing) during lockdown at home...

[illegible]