

REFLECTION ACTIVITY

*****Students are asked to submit their weekly work to their teacher at the beginning of class*****

Introduction: Review and recap the concepts learned and discussed throughout the week (Anxiety, Risk Factors, and Protective Factors). Give students a post-it note to write down:

1. One thought about our discussion
2. One thing that doesn't make sense to them
3. One thing that they learned

Activity: Introduce the journal entry for the week. This is based on a discussion question that students are asked to reflect on and respond to through journal writing. Students are asked to use the APE (Answer it, Prove it, Explain it) method for connecting to these questions (30 mins).

Post Activity: Have students continue with their silent reading and jot notes for their *Think About* worksheets. Students can also work on the chapter weekly work to be submitted for the following week.