



**VC\_Snapshot Reflection**

Time to Teach	Value	Subvalue	Value Attribute	Asset Type	Teaching Aids Provided
7 min	Peace	Reflection	Group Activities	Value Content (VC)	TRD

<b>Curricular Goals</b>	CG-4- develops emotional intelligence, i.e, the ability to understand and manage their own emotions, and respond positively to social norms
<b>Competencies</b>	C-4.2- recognises different emotions and makes deliberate efforts to regulate them appropriately
<b>Specific Learning Outcome</b>	The students will be able to examine their daily experiences through diary writing.
<b>SDG(Sustainable Development goals)</b>	SDG-4- ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

**Concept- Value Connection:**

- Diary writing is a powerful and valuable practice to incorporate into daily life. It involves reflecting on one's thoughts, behaviors, and emotions.
- Regular diary writing is an effective method for enhancing self-awareness and fostering personal growth.

**Story/Anecdote/Case study/ Activity :**

**Activity:**

**Instructions to carry out the Activity:**

**1. Introduction through Discussion Question:** This is an open question. All responses are accepted.



**Why do you think writing in a diary and reflecting on your day might be important?**

**Sample response by the teacher:**

Writing in a diary and reflecting on your day is important because:

- It enhances clarity of thoughts and emotions.
- Even brief reflections can offer valuable insights into what brings you happiness or causes stress, enabling you to manage your feelings in a better way.
- It makes you cultivate the attitude of gratitude.
- It enhances your writing abilities and communication skills.
- It helps you track your personal goals, promoting accountability and motivation.

## **2. Prompt for Writing:**

Give the students a specific prompt to guide their reflection. Ask the students to write a short diary entry based on the prompt. Students should be encouraged to be detailed and truthful while staying focused on the prompt.

### **Example prompt:**

Reflect on a particular moment from today that stood out to you. It could be something that brought you joy, surprise, or even frustration. Clearly describe the event and express how it made you feel.

## **3. Sharing and Discussion:**

If time permits, invite a few students to voluntarily share their reflections with the class.

## **4. Conclusion:**

Encourage students to continue this practice on their own, highlighting how even a few minutes of daily reflection can help them understand themselves better and improve their writing skills.

### **Points to Ponder/reflect:**

Reflecting on your experiences through writing enables you to:

- Understand your past.
- Shape your present.



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