

Grades 6–8

# Open and Honest Reflections

Ask students to take out a piece of paper and something to write with. Give them a few minutes to answer the following questions:

- What does it mean to be open? To be honest?
- What are some challenges to remaining open? To being honest?
- How can you have faith in yourself to show openness and honesty consistently?

When students complete their writing, have them close their eyes and take two deep breaths. Ask them to reflect on the question, “What are some challenges to remaining open and honest?” As they consider the challenges, have them note their thoughts and their breathing. What happens to their jaw, their heart rate, and the space between their eyebrows while they think about this? Remind them that even in difficult situations, they can return to their breathing. Point out to them they have what it takes to be open and honest, right there within them, no matter what the circumstance may be.