Looking ahead...

Is there somebody who you need to forgive, someone who has made you feel sad, uncomfortable or angry. How could you begin to forgive them?

Draw or write in the rising sun the first thing you will try to do.

Value: FORGIVENESS
MY REFLECTION JOURNAL

Sit comfortably.
Be as still as you can.
Reflect on what you have learnt about forgiveness.
Write one thing about forgiveness at St Mary’s Wavendon C of E Primary School.
When you are forgiven for something that is wrong, it is a chance for a fresh start, like the beginning of a new day.

Think of a time when you let somebody down but they were able to forgive you. How did that make you feel?

Write some words as to how you felt in the rising sun.

Do you know people who will always forgive you, no matter what you have done?

Draw or name them in the rising sun.
Sit comfortably on the carpet.
Be as still as you can.
Reflect on what you have learnt about peace.
Choose one thing and write your thoughts around the school logo above.
Looking out...
Which place do you associate with **peace**?
Draw this place inside the dove.

Looking in...
Think about your special place (that you drew on the Window page).
Write words that describe how you feel when you are in this place inside the dove.

Peace to me is when I...
Sit comfortably on the carpet.
Be as still as you can.
Reflect on what you have learnt about friendship.
Choose one thing and write your thoughts around the school logo above.

Looking ahead...
How do you think you could be a better friend?
Write down your ideas in the friendship circle.

I will try to be an even better friend by...

Name: _______________   Date: ___________
Looking out...
Good friends are very precious.
Think about a time when a friend helped you.
Draw what happened in the friendship circle.

Looking in...
Are you a good friend to someone?
What are your qualities of a good friend?
Write your ideas in the friendship circle.

My important qualities of being a good friend are...
Looking ahead...

How trustworthy are you?
How can you show people that they can trust you?

I can show others that I am trustworthy by...

Value: TRUST

MY REFLECTION JOURNAL

Sit comfortably on the carpet.
Be as still as you can.
Reflect on what you have learnt about trust.
Choose one thing and write your thoughts around the school logo above.
Looking out...

Who do you really trust?

On the hands, write about a time when this person showed that they were trustworthy?

Looking in...

Think of a time someone you trusted let you down.

Choose some words that describe how you felt when this happened and write them on the hands.

______________ showed they were a trustworthy person when ...

When I was let down I felt...
Looking ahead...

Sometimes we forget to be thankful for the many good things, often called blessings, that we have in our lives.

Name three of your blessings on the card below.

Value: THANKFULNESS
MY REFLECTION JOURNAL

Sit comfortably on the carpet.
Be as still as you can.
Reflect on what you have learnt about thankfulness.
Choose one thing and write your thoughts around the school logo above.

Counting my blessings...
1.
2.
3.

Thank you!
Looking out...
Think of something special in your life that you are very thankful for.
Write a Thank You letter explaining why you are thankful.

Looking in...
Look again at what you have written in the Window page.
How would your life be different if you didn't have this special thing?
Complete the sentences on the Thank You card.

Thank you for:

because...

I am so thankful for...

Thank you!
Looking ahead...

Think of a goal for your future that will need **perseverance** and determination to reach.

Write how you will achieve your goal in the tortoise shell.

Years 5 and 6

Value: **PERSEVERANCE**

MY REFLECTION JOURNAL

Sit comfortably on the carpet.

Be as still as you can.

Reflect on what you have learnt about **perseverance**.

Choose one thing and write your thoughts around the school logo above.
Looking out...

Aesop wrote a famous fable about a race between a hare and a tortoise. The boastful, big-headed hare is so sure he will win the race that he doesn't try his best. He even stops for a snooze! The steady, slow tortoise **perseveres** and just keeps on walking. He overtakes the sleeping hare and wins the race!

Think of someone who has shown **perseverance** and determination.

Draw or write about the person in the shell of the tortoise.

Looking in...

Can you think of a time when you have given up on something that you might have achieved or finished with a little more **perseverance**?

Write about this time in the shell of the tortoise.

Perhaps with more **perseverance** I could have....
DOOR

Looking ahead...
Think about what you hoped for on the Mirror page. Write in the ‘world’ how you can make this happen.

I could help to change the world by ...

Value: HOPE
MY REFLECTION JOURNAL

Sit comfortably on the carpet.
Be as still as you can.
Reflect on what you have learnt about hope.
Choose one thing and write your thoughts around the school logo above.

Name:_________________ Date: ___________

ST MARY’S WAVENDON
CoE PRIMARY SCHOOL

Years 5 and 6
Looking out...

Hope is what keeps people working for a better world, even when others say their goals are impossible.

Can you think of something that has really made a difference in the world because someone hoped and believed it was possible and was prepared to work to make it a reality.

Write about it in the ‘world’

hoped and believed the world could be changed if ...

Looking in...

What do you hope for that would really make a difference and make things in the world better?

My hopes and beliefs for a better world are...
Looking ahead...

Our expectation is that we love thy neighbour by treating others as we expect to be treated ourselves.

I can show others my love by...

Years 5 and 6

Value: LOVE

MY REFLECTION JOURNAL

Sit comfortably on the carpet.
Be as still as you can.
Reflect on what you have learnt about love.
Choose one thing and write your thoughts around the school logo above.
Looking out...

Love is about showing respect and gentleness in both our actions and our words.

Think of somebody close to you that you love and who loves you. Write adjectives in the heart that reflect their behaviour of love.

Looking in...

Think of a time when you have shown love to somebody else.

I show love towards others by....