

Reflections from Within(side):

These reflections are intended to give you an excuse each day to quiet your mind and body and be reflect on our current situation with family and friends. They were written last spring until the end of the school year in June, (they are shown in reverse order). When something uneasy happens in our lives, we feel the need to gain control, in any place, and any way. We rush to understand everything and sometimes forget to find the beauty in our imperfect lives. Joy comes to us in ordinary moments. Use these reflections to take note of these ordinary moments, remember this monumental time, and make in-home learning joyful! – Mr. Ward

Final Reflection! (6/22): Happy summer! Here is one last reflection for you all. How will you make the most of your summer? Remember, YOU are strong, smart, and capable enough to make this summer meaningful. I can't wait to see you all in the fall!

Today's Reflection (6/8): WOW! The last week of school! How would you like to finish the school year? What does persevering to the very end show about your character?

(6/5): What keeps you motivated? On this Friday, take some times to make goals and plans as to how you will stay motivated for the last week of school. Stick with it! Have a blast at field day, Moving Up Mass, and meeting with your new teacher! Upward and Onward!

(6/4): I was recently fortunate enough to witness my brother and his true love get married, (and made a fun vlog for them!). Our world needs outward signs of love as strong as this right now. Love sometimes looks as romantic as it does in a wedding, but not always. Where do you see love in your life, and how can you remind yourself of this love each day?

(6/1): How do you let yourself heal? Remember, healing takes time. Think about this today, or the next time you get hurt. You deserve the space and time.

Day 46: (5/28): "There are far, far better things ahead than any we leave behind." C.S. Lewis. Believe it or not, this is true even in the hard times of life. How can you embrace this quote in the last few weeks of school? Video up for this one.

Day 45: (5/27): **"In the middle of difficulty lies opportunity."** Reflect on this quote from Albert Einstein today. I will ask you again in about three weeks, to see how we grow. Whatever comes up during your reflection, radically accept it into your heart. You are exactly where you are suppose to be!

Day 44: (5/26): Treat yourself to some humor today! We can get weighted down pretty significantly by the hardships of quarantine, so much so that we forget to find humor in life! **What makes you smile? Can you get someone to laugh today?**

Day 43 (5/22): "Get action. Do things; be sane; don't fritter away your time; create, act, take a place wherever you are and be somebody; get action." What does this quote

from Teddy Roosevelt mean to you today? How can we "get action" in the days of quarantine? *You can see Mr. Ward's video reflection on this by clicking the link above.*

Day 42 (5/21): **Where do you find joy on a rainy day?** Dig deep! The sun may be hiding, but that is no excuse to waste another day and another opportunity to seek goodness & happiness. Go, seek, and find joy today!

Day 41 (5/20): Worthiness Wednesday! What is one activity that makes you feel the most like yourself? For some, it might be a creative activity. For others, it might be something physical or spiritual. Honor yourself by doing this activity today. CLUE: You might know if you've chosen the right activity if you feel at peace, happy, and confident when you are doing it!

Day 40 (5/19): Truthful Tuesday! We have spent a lot, (A LOT) of time in our homes, with our families. But let's not forget who loves us, who cares for us, and who supports us. **Be truthful today and express to someone in your household why you are grateful for them.**

Day 39 (5/18): Happy Monday! Let's make the most of this beautiful day. Sometimes, making the most of a day means slowing down to soak in the beauty. What is one way that you will slow down and soak in beauty today? One time when you will turn off screens and seek goodness in the world.

Day 38 (5/15): Another week in the books! **Reflect back: is there a fear, worry, or obstacle that you overcame just in this last week?** Take a moment to give thanks for your accomplishment, and recognize your strength!

Day 37 (5/14): Great work yesterday! How did it feel to rest? Did you notice anything different from the normal way you rest your mind and your body?

Day 36 (5/13): Today is Mental Health and Movement Day! What does it feel like to try something? What does it feel like before you try it? How about after you try it?

Day 35 (5/12): Truthful Tuesday time! How have you been sleeping lately? Has a change in sleeping patterns effected your thoughts, feelings, and behaviors in any way? Think about your sleep hygiene since the quarantine began. Does it need to be tweaked? We are all experiencing very similar challenges!

Day 34 (5/11): What an unbelievably beautiful weekend we just had. How does the sun make you feel? What does the sun make you think of? How does the warmth effect your mind, body, and spirit?

Day 33 (5/8): Gratitude Friday! Let's keep it simple: Looking back on your entire week, what are you grateful for? What new challenges have you over come? **Take a second to give thanks, either in the quiet of your own head, or out loud to a loved one, that you have completed another week of online classes!** You are amazing!

Day 32 (5/7): Thoughtful Thursday! Figuring out ways to be social can be completely overwhelming right now. **What is one, small thoughtful way you can be social today?** Think simple, don't become overwhelmed by trying to do something huge!

Day 31 (5/6): We are seeking goodness today! **What does it mean to you to seek goodness in the world, especially during quarantine?** New video up for this one!

Day 30 (5/4): In the middle of a great challenge, it is easy to get lost in negativity. If we slip up once, it is easy to get down on ourselves and focus on our faults. Today, I want you to pay special attention the times when you are hard on yourself. What kind of messages have you been telling yourself in times of stress during quarantine? New Video for today up!

Day 29 (5/1): Sometimes when online learning gets us frustrated, we need to let go. Our gut reaction might be telling us to get upset and dig in deeper until we solve the problem, but in reality, what your mind needs is to let go. How do you take breaks from online learning? Video up for this one!

Day 28 (4/29): Worthiness Wednesday! Have you been giving yourself breaks throughout each day? Take at least on break today to journal, color, read, listen to music, or anything that will let you feel calm. While you are calming, tell yourself that you are worthy. Embrace your gifts today and remind yourself of the light that you bring to the world!

Day 27 (4/28): **"Life doesn't have to be perfect to be wonderful."** What does this quote mean to you today? What does it mean to you over the span of quarantine?

Day 26 (4/27): Make the Most Monday! Alright, who has noticed that nothing is the same as it was 1 month ago? Everyone? Ok, ok. Well, we can still make the most of our time. Today, reflect on some goals you would like to have for yourself for the remainder of the school year. Physical, spiritual, academic goals? Go for it, and don't be afraid!

Day 25: **BONUS** weekend video reflection up on YouTube --> Go check it out!

Day 24 (4/24): Headed into the weekend with another Compassion Friday. Where did you struggle this week? Once you have this struggle in mind, say to yourself: **"May I be filled with loving kindness. May I be happy. May I accept myself just as I am. May I feel peaceful and safe."** What would someone who loves you say to you right now? Let yourself absorb this self-compassion. How long can you sit in reflection today? Start with 1 minute and challenge yourself to go longer.

*Day 23 (4/23): Thoughtful Thursday! **What are the love languages of your family members?** [Watch my video or head to Flipgrid \(link below\) to learn more!](#)*

Day 22 (4/22): Another awesome edition of Worthiness Wednesday! **How do you show someone in your family that they are worthy of respect and love?** Is there anything creative that you can do for this person today, that you haven't done in the past?

Day 21 (4/21): What parts of my routine should I change? What parts are working and I should keep? Check out the vlog on YouTube for more depth!

Day 20 (4/20): Spring break felt like a nice reset button for me. How was it for you? I'm ready to get back online and see the goodness in the world. Simple reflection for Make the Most Monday: **How are you going to make the most of this day?** Try something new!

Day 19 (4/10): Good Friday. Today, we remember Jesus' death on the cross, a showcase of the greatest love. How, in your life, do you see glimpses of this greatest love?

Day 18 (4/9): Holy Thursday, a day when Jesus washed his disciples' feet and asked them to "Love one another as I have loved you." Happiness not found when we fill ourselves up; is found when we give of ourselves to others. Reflect on this with a loved one today.

Day 17 (4/8): Worthiness Wednesday! Have you been struggling with something during the quarantine that you haven't confessed to anyone? Remember that in you worth, you are not alone. Reflect on this today, and see if you can turn to someone for help.

Day 16 (4/7): Truthful Tuesday! Who are you turning to for inspiration these days? Truthfully, are they feeding your peace and happiness?

Day 15 (4/6): Make the Most Monday! What is the most difficult part of your day? How can you change your mindset to make it the most rewarding?

Day 14 (4/3): Compassion Friday! Where is there shared imperfection in your life today? Remembering this helps us feel less isolated, be more self-compassionate!

Day 13 (4/2): Thoughtful Thursday! We are all suffering a bit from this Coronavirus situation. We are tempted to keep up with the speed of life before this pandemic hit. Have we given enough thought to the slowing down of life, and what that can grant us? What is the opportunity for love in this situation?

Day 12 (4/1): Worthiness Wednesday! Here's a fact for you: You are worthy of love. That is a fact that you do not have to buy, win over, or get lucky to find. What does it mean to you to be worthy of love? How will you remind yourself of this today?

Day 11 (3/31): Truthful Tuesday! In this time of great trial and tribulation, it is easy to become stressed, thinking that we need to do more than what we are called to do. Recognizing what we can do, and perhaps more importantly, what we are not called to do can allow us to live full lives. So ask yourself today: What are my strengths, and what are my limitations?

Day 10 (3/30): Make the Most Monday! How has your strength surprised you during this time that has maybe made you a bit sad, hopeless, isolated?

Day 9 (3/27): Compassion Friday! You may feel stuck, but you are still full of potential for showing compassion. List ways you have showed compassion towards others this week!

Day 8 (3/26): Great sorrow and great joy are often seen to be parts of the same experience, (overcoming a large challenge in school, disagreements with close friends). How is this especially true right now, in the midst of the pandemic ?

Day 7 (3/25): Being in quarantine has meant that we are missing out on some big life events. Times like these can teach us valuable lessons about honoring our grief and sadness, while seeing how joy can exist at the same time. It is good to simply be in these moments. What might you be missing during this time? How do you feel about it?

Day 6 (3/24): Find something special in your home that makes you feel like you belong. Why does this object make you feel this way? How can you share this feeling with someone else in your home today? Take a picture of this item, journal about it, or place it somewhere where everyone can see it.

Day 5 (3/23): Week two of online learning! How do I feel mentally? Physically? Spiritually? How does the way I feel differ than the beginning of last week?

Day 4 (3/20): Think back to Monday, when online learning began. How have you grown during this first week? What have you learned about yourself? Make a goal for yourself for week 2 of quarantine.

Day 3 (3/19): Today is the first day of spring! Pope Francis once said: "Each day in our world, beauty is born anew." What does this quote mean to you?

Day 2 (3/18): What are you hopeful for today? How will you remind yourself of this hope throughout the day?

Day 1 (3/17): What does "home" mean to you? Look around your house today. What brings you joy? Peace? Confidence?