

FALCONS are Open-minded, Inquiring, Communicating, Reflecting



Attendance: **You matter**

Attitude: **Action matters**

Academics: **Learning matters**

MP 2

Monday, Oct. 3, 2022
Period 1/7



Falcons reflect on our motivations, decisions, and ourselves.

IB INQUIRY: HOW DOES **SELF-REFLECTION** SHOW THAT OUR **ACTIONS MATTER**?

Reflection questions:

- 1) How has this school year been for you?*
- 2) What did you struggle with and how did you deal with it?*





Falcons reflect on our progress.

IB INQUIRY: HOW DOES SELF-REFLECTION SHOW THAT OUR ACTIONS MATTER?

Reflect on your 1st Grading Period:

- 1) *How was your attendance, attitude, and academics?
Share with a nearby partner.*
 - a) *What are some of your successes?*
 - b) *What are some of your struggles?*

- 2) *What are your new goals for Grading Period 2?*
 - a) *Share with a partner*
 - b) *Complete the SMART Goals worksheet.*

GOAL #1: Choose a goal that will improve something that You do:

	WORD	EXPLANATION	MY GOAL
S	SPECIFIC	Set a goal that is specific enough to be accomplished.	
M	MEASURABLE	Establish criteria (what you have to show for the goal to be	
A	ACTION-ORIENTED	Involves specific actions that will result in your reaching the goal	
R	REALISTIC	Should be something that is attainable given the resources and limitations that you have	
T	TIMELY	Allow reasonable time to complete each goal, but not so much time that you lose focus	

My SMART Goal is.....(S). I will know that I have reached my goal if.....(M). In order to reach it, I will take the following actions like.....(A). I will also.....(R) I plan to accomplish my goal by.....(T).

[SMART Goals Worksheet Link](#)



Falcons inquire about being Strong Teens*

IB INQUIRY: HOW DOES **INQUIRING** ABOUT MINDFULNESS SHOW THAT **LEARNING MATTERS**?

- *Learning ways we can be healthy with our minds and bodies help us to face challenges and overcome our problems when we go through difficult times.*

- *Mindfulness practices help to settle our bodies and focus our minds.*
 - *Help to train our brain to pay attention, learn new information, understand how we feel, and make positive choices.*



Falcons inquire about being Strong Teens.

IB INQUIRY: HOW DOES **INQUIRING** ABOUT MINDFULNESS SHOW THAT OUR **ACTIONS MATTER?**

What exactly is mindfulness?



[Video Link \(2:43\)](#)

- 1. How can mindfulness help you make better choices?*
- 2. What are the 3 simple steps to meditation?*
- 3. Let's practice those 3 steps. (You don't have to sit on the floor, but can remain in your seat if you want.)*

Meditation: A Beginner's Guide



[Video Link \(2:00\)](#)

Period 3

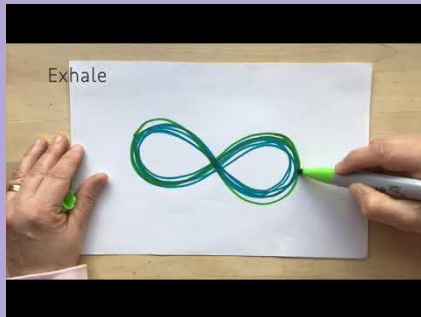


Falcons are open-minded to new learnings and experiences.

IB INQUIRY: HOW DOES PRACTICING **MINDFULNESS** SHOW THAT **WE MATTER?**

Different mindfulness techniques and practices

Breathing and Doodling



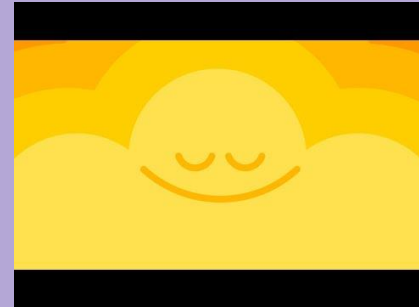
[Video Link \(4:07\)](#)

Breathing Visual



[Video Link \(2:59\)](#)

Guided Meditation



[Video Link \(1:10\)](#)

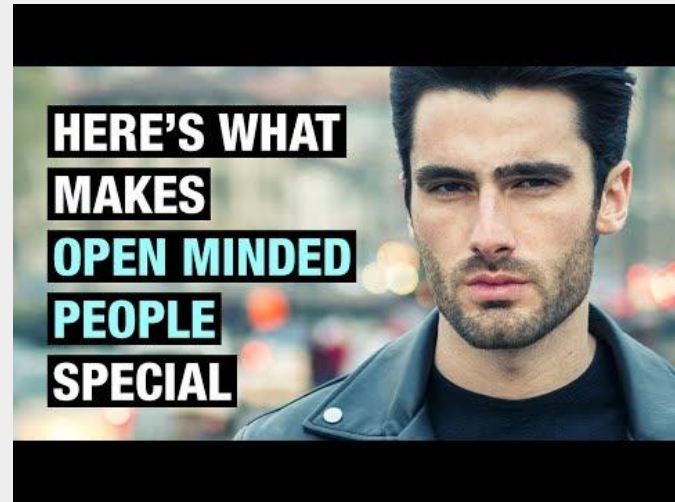
Period 4



Falcons are open-minded to learning new concepts and ideas

IB INQUIRY: HOW DOES **BEING OPEN-MINDED** SHOW THAT **LEARNING MATTERS**?

- 1) *Name 3 traits that an open-minded person possess.*
- 2) *What traits do you identify with in the video?*
- 3) *What did you learn about yourself with regards to being open-minded?*



[Video Link \(10:46\)](#)

Period 5

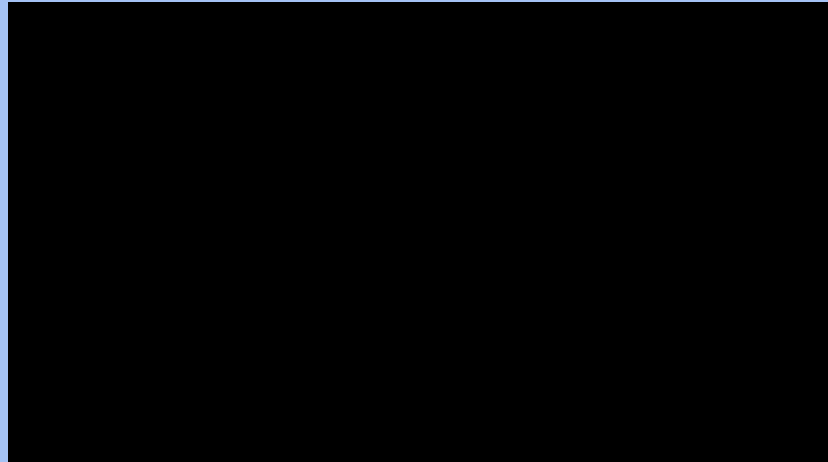


Falcons communicate to share our stories.

IB INQUIRY: HOW DO WE STAY **OPEN-MINDED** WHEN OTHERS SHARE THEIR STORIES?
WHY IS **COMMUNICATING** IMPORTANT IN BUILDING RELATIONSHIPS?

Andrew Hill students share their personal stories to build community in our school.

"If you really knew me, you would know..."



Period 7:
Do the lesson for
Slide 1 and 2