

Y2

LESSON 2
YOUTH
V.1



personal

JUMP JOURNAL: SELF-REFLECTION AND PERSONAL CHANGE

YOUTH LESSON 2: PERSONAL PEACE 1

TIME REQUIRED

60 minutes

TEACHER PREPARATION

To prepare for this lesson...

- Read the “[5 Spheres of Peace](#)” NPA Framework focusing on the personal peace sphere
- Read the [Teacher’s Guide](#) for preparation and reflection questions
- Try keeping a “jump journal” for two or more days to fully understand the benefits of this practice
- Prepare any other needed materials for the lesson

MATERIALS

- Jump Journal Template (or small notebook to write in)
- Staples or paper clip
- Pencil or pen

LEARNING GOALS

- Students will learn how to practice self-reflection
- Students will learn how to set goals for their personal development
- Students will learn how to hold themselves accountable for personal change
- Students will connect their attitudes and behaviors to the growth of personal peace

LEARNING OBJECTIVES

- Through class dialogue, students will be introduced to methods of self-reflection and personal change
- Students will create a jump journal to record their personal reflections
- Through reflection students will set an intention or goal for their day and complete their first journal entry

INTRODUCTION

“Jump Journal” is an activity based on the [Buddhist Six-Times Practice](#). This practice is designed to help individuals reflect on their values and actions throughout their day. Buddhists who use this practice engage in self-reflection six times a day, thinking about whether or not their actions are living in accordance with their principles. During each reflection they have a different principle to reflect upon, some of these values include honoring life or being truthful. This practice has been modified for this activity, to help students “jump” towards becoming the person they want to be through self-reflection and active decision-making. Each day students set personal goals or identify a value they want to work toward during the day. Students are given a short reflection period three times during the school day where they can reflect on their actions and be

empowered to make changes to meet their personal goals. The small positive changes students make to their behaviors day after day will lead toward deeper personal transformation over time.

GUIDING QUESTIONS

- When others think about you, what words do you think come to their mind? When you think about yourself, what words come to mind?
- Do these words make you happy or would you like to see some changes? What would these changes be?
- If you do not want any changes made in your life, what characteristics or qualities do you want to keep strong?
- Are there parts of our lives we cannot change? What might some of those parts be?
- How do we become the type of person we want to be?

OPENING DISCUSSION

Begin the lesson with the guiding questions above. Students can write down their responses independently, break up into small groups to discuss, or hold a class discussion to examine these questions. Students may feel most comfortable if they are given independent time to reflect on the first three questions. Students can come together and discuss the last two questions as a group.

After giving students time to share their responses, ask them to reflect on the following quote by Gandhi: “Be the change you wish to see in the world.” Ask students what they think Gandhi meant when he said these words. What about the aspects of our lives we cannot control, would Gandhi say in response to those? How can we be the change we wish to see in the world? Are there any methods that can help us act towards those changes?

Tell students that there are many different ways of making positive changes and these changes can help build peace in their lives, in the lives of others, and even the world. One way of building personal peace is through time for self-reflection. By spending time reflecting on our thoughts and feelings surrounding the events occurring in our lives, we can think about how we want to act on those feelings. Rather than just reacting to a situation, with time to reflect we can consciously choose to take actions that will build peace in our lives. We can think about the change we want to see in the world, and act in accordance with that change. One method of reflection that many people use is journaling. Ask students if any of them currently keep a journal? What do they record in their journals? What happened during the day, secrets, questions, dreams, and thoughts?



ACTIVITY 1: JUMP JOURNALS

1. Tell students that today they are going to try another way of reflecting by making a “jump journal.” This journal is different than a typical journal because it is designed specifically to make small changes to their lives, so as Gandhi said, they can be the change they wish to see in the world. As the name of the journal implies, it will help them “jump” forward toward becoming the person they dream of being.
2. Explain to students that the first step in making an entry in a “jump journal” is to start by thinking about the changes they would like to make. Have students think of one personal goal for today. Tell them that this goal should represent the type of person they want to be. How they want to act towards them self, their family, or friends. Maybe they would like to be more patient with others, gossip less, or be more helpful and considerate to people around them. This could be a change in their attitude or behaviors. Ask students if any of them have some ideas they would like to share. Explain to students, this process is called *setting your intention for the day*. You start by thinking of one change you would like to see in yourself, and you write that intention down so you can look at it throughout the day as a reminder.
3. Pass out multiple copies of the “jump journal” template and have your students staple these together making a journal. As an alternative, have students write in a notebook their intention for the day. If students are writing in a notebook, have them write down the numbers 1, 2, 3 on their papers where they will write three reflections that will occur during the day. Under each of these numbers have students write a + sign and a – sign (as seen on the template).

4. Explain to students that some changes are difficult to make. Changing our thoughts and behaviors takes a lot of practice. Unless we reflect on our intention multiple times a day, we risk forgetting about our goal. Let students know they will be given three times during the school day to reflect on how they are keeping their intention and what changes they want to make.

5. Model for students the reflection process by writing a few words on how you kept your goal during the last few hours of the day next to the + sign. Then write a few words next to the – sign that states something you would like to change or an action you want to take in the future to keep your goal.

Below is an example that can be used to model the reflection process. However, it is important that the example be age-appropriate and relevant to the students in the class. Provide a relevant example to your students.

Intention: To be friendly to more people beyond just my close friends

Reflection

+ I asked Jane if she wanted to sit with me at lunch

- I didn't invite Carlos to play soccer with my friends at recess, I will next time

6. Give students time to set up their jump journals and set their intention for the day. Set three times during the school day for students to reflect and write down their thoughts. These reflections should take no longer than 3 to 5 minutes. The more practice students have with reflecting on their behaviors the faster the reflection sessions are completed. Students can continue this practice through the 12 weeks of the curriculum.

CLOSING

In closing, ask students:

- Do you think making changes in your behavior and attitudes will increase your personal peace? How?

FOLLOW-UP ACTIVITIES

Take ten minutes once a week and ask students how their jump journals are helping them build personal peace. What changes have they noticed in their attitudes and behavior? How are they becoming the change they want to see in the world?

JUMP JOURNAL

Date:

Intention:

Reflection 1:

+

-

Reflection 2:

+

-

Reflection 3:

+

-