

# Practice/ Activity

## INTELLECTUAL - Reflection

Grows and Glows is a practice to use in the classroom on a daily or weekly basis to develop reflective skills.

Have students think of one accomplishment they are proud of from the day or week, this would be their glow.

Then have students consider one thing they would like to improve upon or a goal they would like to achieve in the near future, this would be their grow.

Decide as a class how students will share their glow or grow: in partners, as a class or as a journal entry.