

PEGG Reflection



Reflect on the experiences and lessons learned from participating in the Daily PEGG (Play, Exercise, Gratitude, and Giving) activities, and consider how these insights can be applied to your life and the lives of those around you.



Learning Intentions

Reflect on Personal Growth:

Students will reflect on their personal experiences and growth throughout the Daily PEGG activities, identifying key moments that contributed to their mental and physical well-being.

Develop Self-Awareness:

Students will increase their self-awareness by analysing the challenges they faced and the aspects they enjoyed, understanding how these experiences have shaped their attitudes and behaviours.

Apply Learnings to Daily Life:

Students will explore how the lessons learned from the Daily PEGG can be applied to their daily lives, with a focus on improving their well-being and strengthening their relationships with family and friends.



Success Criteria

Completion of Reflection Worksheet:

Students have thoughtfully completed the reflection worksheet, providing detailed responses demonstrating an understanding of their experiences during the Daily PEGG activities.

Identification of Key Insights:

Students have successfully identified at least one key insight or learning from the Daily PEGG that they plan to use in their daily life, clearly articulating how it will benefit their well-being or relationships.

Engagement in Reflection Process:

Students have actively engaged in the reflection process by keeping their reflections for personal growth or by sharing their insights with classmates, contributing to a supportive and reflective classroom environment.



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Objective:

Reflect on the experiences and lessons learned from participating in the Daily PEGG (Play, Exercise, Gratitude, and Giving) activities, and consider how these insights can be applied to your life and the lives of those around you.

Materials Needed:

- Printed reflection worksheet with the provided questions.
- Pens or pencils for writing.
- Optional: Journals or notebooks for extended reflection.

Setup:

1. **Preparation:** Distribute the printed reflection worksheet to each participant. The worksheet should include space for answering each of the reflection questions.
2. **Introduction:** Explain the purpose of the reflection activity. Emphasise the importance of taking time to think about what they've learned and how it has impacted them and the value of sharing these insights if they feel comfortable.

Game Play:

Reflection Questions (15-20 minutes):

- **Initial Thoughts:** Reflect on your initial thoughts when you started the Daily PEGG activities. Did you approach them with an open mindset, eager to try new things and strengthen your mental health and connections with others?
- **Enjoyment:** What did you enjoy the most about the Daily PEGG? Why did this particular aspect stand out to you?
- **Challenges:** What was the most challenging aspect of the Daily PEGG? Reflect on why this was difficult for you and how you overcame the challenge.
- **Application:** From the Daily PEGG, what do you think you will use the most in your life? Why do you believe this will be particularly useful?
- **Impact:** Consider how you can use what you've learned through the Daily PEGG to positively impact your life and the lives of your family and friends. What specific actions or changes can you implement?



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Sharing and Discussion (Optional):

- **Private Reflection:** Participants can choose to keep their reflections private, using this time for personal growth and self-awareness.
- **Class Sharing:** For those who feel comfortable, there is an option to share their reflections with a classmate or the group. Sharing can foster a sense of community and mutual support, encouraging further vulnerability and connection.

Debrief:

- Conclude with a discussion on the importance of reflection as a tool for personal growth. Highlight how the insights gained from the Daily PEGG activities can be a foundation for continued well-being and positive action in their lives.
- Please encourage students to revisit their reflections periodically to remind themselves of their growth and to adjust their goals and actions as needed.

Follow-Up:

- Consider making reflection a regular part of the Daily PEGG process, allowing participants to track their growth over time.
- Encourage participants to set goals based on their reflections and to share their progress with peers or family members to build a supportive environment for continued development.

This reflection activity helps participants consolidate their experiences from the Daily PEGG, encouraging them to think deeply about what they've learned and how they can meaningfully apply it to their lives.

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Challenges: What was the most challenging aspect of the Daily PEGG? Reflect on why this was difficult for you and how you overcame the challenge.

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Application: From the Daily PEGG, what do you think you will use the most in your life? Why do you believe this will be particularly useful?

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