

Taking Time to Reflect

■ onTRAC® Planning

Never Give Up

What I like doing best is Nothing. –A.A. Milne

Winnie-the-Pooh and Christopher Robin understood the importance of relaxation and reflection! We don't always need to be busy and hurried. In fact, sometimes it's important to stop doing and start reflecting!

Stop and Be Still

Reflection is important because it gives you time to stop and think about where you want to go in life and whether your current path is getting you there. Time for reflection also allows you to remember and celebrate achievements, as well as recommit to working toward forgotten goals. When you choose time to do this, remember that reflection and multi-tasking don't mix! Don't try to reflect while checking social media sites, making dinner, or writing lists of things to bring on vacation. Reflection times don't have to be long, but while you are spending time in reflections, drop everything and be still.

What Did You Do this Year?

The end of the school year is an ideal time to reflect with your child. Sit down together and talk about the year that is ending. Ask your child questions such as: What stands out the most? What was fun? What wasn't? What things will you miss and why? What did you achieve this year? What still needs work? If possible, compare work from September with work from June to visibly remind your child of how far he or she has come. After taking time to reminisce about the year, ask your child what his or her greatest achievement was. Then, plan to celebrate that achievement together!



Reflect on what you have accomplished. **CHECK** to make sure nothing has slipped through the cracks!

Many factors contribute to a child's growth and success. Below are tips and ideas for practicing skills that promote your child's academic, social, and emotional well-being outside the classroom.

■ Character

Part of a healthy balanced lifestyle is taking time to rest and refresh ourselves mentally, physically, socially, and emotionally. Take some time with your child to reflect on each category. How can you both recharge this summer? Point out something as simple as taking an easy hike or playing on the beach can help all four categories.

■ Health

Sometimes the best thing to do for our health is to get outside! Talk with your child about all the benefits of being outside, both for health as well as for other personal reasons (e.g., doing an enjoyable activity). Then, decide on some summer goals that include plenty of fresh air and sunshine (as well as times to rest and relax).

■ Anti-bullying

The ability to make decisions easily can help children stand up against bullying. Help build your child's initiative and decision making. Ask your child to reflect on areas where good decisions need to be made. Guide your child towards age-appropriate areas, such as homework or chores. Monitor your child's success and only step in if needed.

■ STEM

Reflect with your child on the tips and ideas he or she has learned about environmental stewardship this year, whether at school or through this newsletter. Decide together on one action you can take together to help solve some of the environmental problems that are facing our world. Set a goal to help you both remember to follow through!

■ Study Skills

Taking time to review and compare what was planned versus what was actually done, will help your child not only keep track of progress, but also fine tune plans as they unfold. Remind your child that the CHECK section of the planner is a reminder to check plans and goals each day and each week.

■ Learning Strategies

Strategies such as note taking, asking questions, and summarizing are important learning strategies. Encourage your child to reflect on the learning strategies that were used most this year. Then, have your child consider what worked well and whether he or she can use the strategies to come up with other helpful learning strategies.