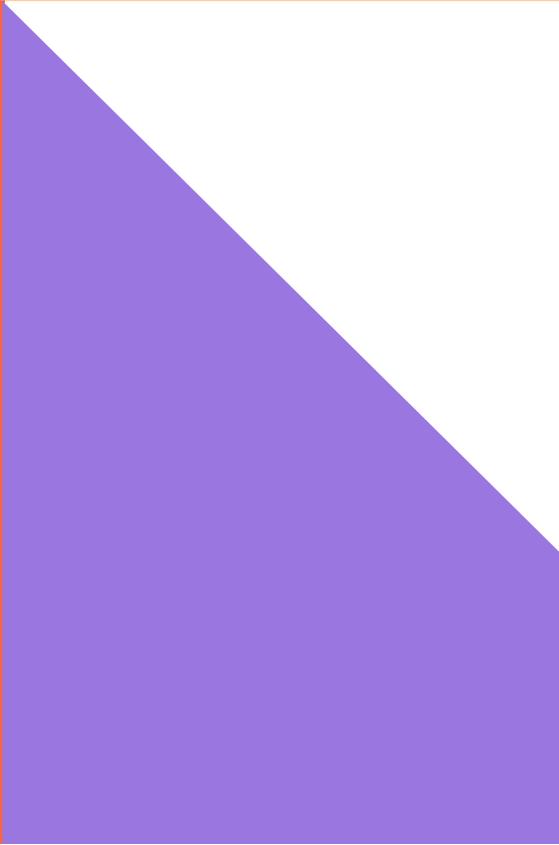
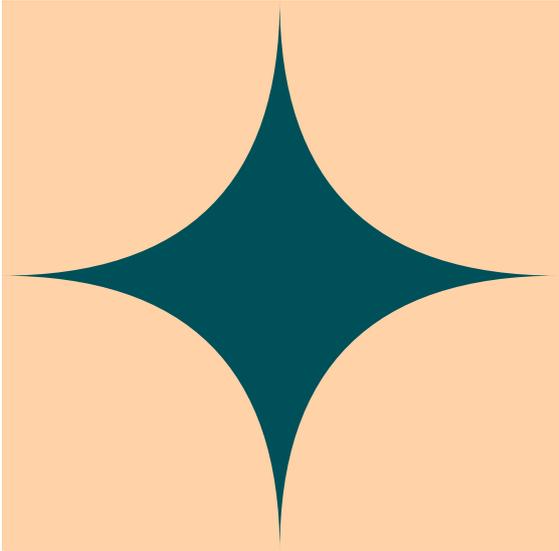


**REFLECTION
DAY 1**





WHY?

- To break the school routine
- To spend time at school but not on lessons
- To integrate and talk to classmates
- To get to know other students
- To find out more about teachers
- To share your interests by organizing activities
- To be inspired by others
- To recharge emotionally and mentally
- To actively practice reflection and balance, which are core IB learner traits
- To manage your own time
- To embrace a little bit of chaos
- To learn that a bit of boredom and inactivity may lead to great ideas
- To learn that not finding an instant solution is ok

1

Before Reflection Day 1

Ewa Młodawska-Piątek and Maciej Wasilewski (since they both have lessons with all the classes) will make students familiar with the idea of the day during their lessons

PLAN

2

8.00 - 10.40 - regular lessons + SNACK as usual

10.40 - 12.15 - students in their classrooms (supervised by respective homeroom teachers) brainstorm ideas prompted by the question: What would you like to do during a Reflection Day?

12.20 - 13.05 - students in groups visit other classrooms to learn about ideas generated by other classes

LUNCH AS USUAL

13.25 - 14.10 - students in their classrooms revise their ideas

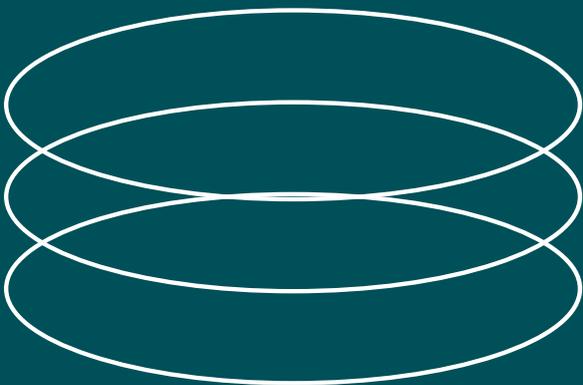
LUNCH AS USUAL

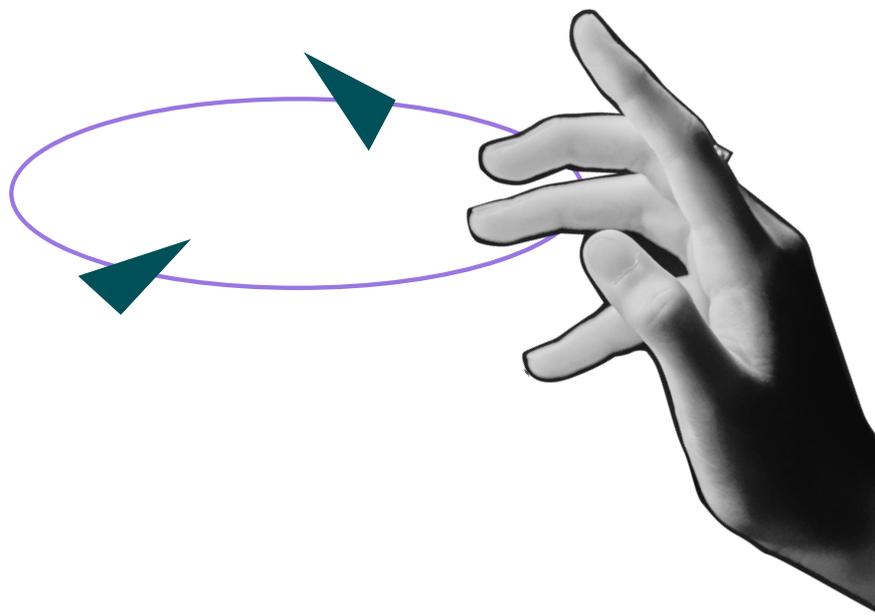
14.30 - 15.15 - students in their classrooms discuss the proper scale (class level or school level) of their ideas and prepare a poster or a list which will be posted on the board on the 1st floor

3

After Reflection Day 1

All the ideas generated by the students will be collected, analyzed and given feedback (e.g. good but expensive, good but not now because we have no space); then some ideas will be selected for Reflection Day 2





GOOD EXAMPLES - CLASS LEVEL

- silent reading
- board games
- study groups
- movie club
- sharing one's hobbies

GOOD EXAMPLES - SCHOOL LEVEL

- guest speaker
- stress management workshop
- flea market
- book exchange
- concerts (performed by students)

BAD EXAMPLES

- graffiti
- cooking
- class trips
- going shopping
- no uniform day