

SOLO

A fundamental component of education suggests that learning is significantly enhanced by reflecting on experience. Solitude provides an environment conducive for such reflection.

Solitude and Reflection Design Principle

Students and teachers need time alone to explore their own thoughts, make their own connections, and create their own ideas. They also need to exchange their reflections with other students and with adults.

Educational Objectives of the Solo:

I can reflect on life, my education, leadership, core values, HOS (Habits of Scholarship) while taking a physical rest and tuning into my world (relationships with oneself, others, and nature.

What to do during your Solo (while maintaining silence):

- o List 5 things about yourself that you like. List 5 things about yourself that you would like to change.
- o Reflect on successes and failures
- o How can I improve my habits of scholarship?
- o What am I most proud of?
- o Name one person in your life that you admire and why.
- o What is our crew's greatest strength and greatest weakness?
- o Describe the leadership qualities that you have observed in yourself and others in our crew and make recommendations for areas of improvement.
- o List one or more things that you would like to change about your role in our crew.
- o Name something about each crew member that you respect.
- o When have you felt the closest with our crew and why?
- o When have you felt the most separated from our crew and why?
- o List what you are grateful for.
- o Sketch/Draw
- o Breathe
- o Record or reflect on Highs and Lows
- o Simply sit in silence

SOLO REFLECTION ZONE

SKETCH ZONE BELOW