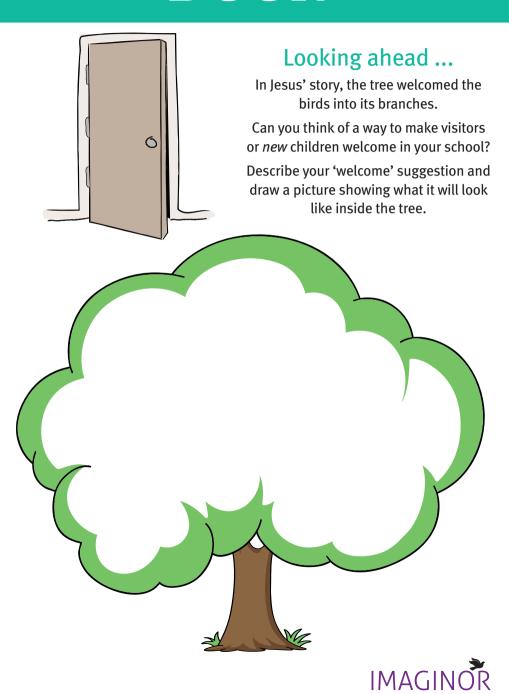
DOOR





VALUE: **DIGNITY**MY REFLECTION JOURNAL

Sit comfortably on the carpet.

Be as still as you can.

Become aware of your breathing.

As you look into the candle flame,
think about why **dignity** is important.

Write your ideas around the picture of the candle.

WINDOW

MIRROR



Looking out ...

Jesus told a story about a mustard seed which grew into a huge tree. The tree provided a safe home for birds in its branches.

Everyone needs safe places where they are treated with **dignity** and respect.

When you think of a safe place, where do you think of?

Draw a picture inside the tree.



Looking in ...

Choose one way that your school tries to treat everyone with **dignity** and respect, making them feel valued and special.

Draw or write about it in the tree.



