



# Mid-Year Directions Challenge: Reset & Reflect



At this point in the school year, you've completed countless assignments, followed hundreds of directions, and (hopefully) strengthened your ability to focus, read carefully, and think independently. This challenge is designed to test those habits—while also giving you a chance to reflect on your growth and how you want to finish the year.

As you read this, quietly write your name in the bottom left corner of the paper and underline it once. Do not say anything—just do it.

By now, you should be comfortable following directions that feel a little unusual. Turn your paper over. Somewhere in the middle of the back side, write a short message about something you hope to accomplish before the end of the school year. Be specific—vague goals don't lead to real change.

When you finish, gently tap your neighbor and read your message to them. Then listen as they share theirs. Sharing your goals makes them more real—and more likely to happen.

Let's shift to reflection. Write one thing you are proud of from this school year so far. This could be something academic, personal, or something no one else even noticed. Write it clearly below.

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Now write one challenge you've faced this year. Then, in one sentence, explain how you handled it—or how you should have handled it.

Draw a small checkmark next to the response you feel most confident about so far. Your next mission is to practice kindness. Without making a big scene, stand up, walk to someone you don't talk to often, and say something genuine and positive to them. Then quietly return to your seat and continue.

Now, on the back of your paper, draw a small box around your original goal. Under it, write one specific action you can take this week to move closer to that goal.

Finally, write one word that captures how you will approach the rest of the school year. Choose it carefully—this word should represent your mindset, your effort, and your focus moving forward. Write your word here: \_\_\_\_\_

Raise your hand and, when your teacher comes over, hand them your paper.