

Some ideas for preparing for or observing the Day of Private Reflection for youth-based groups and schools



This list is not exhaustive and in no means prescriptive. It merely offers a number of possibilities for participating in the Day.

- While school assemblies on the day could be considered prescriptive (i.e. forcing students to participate in the Day when it is supposed to be private and voluntary), an assembly before the Day might be a good way to help raise awareness among young people as to its purpose and how they can observe the Day in their own way.
- Check out our list of resources on the website (www.dayofreflection.com) for various readings that can be used to help foster reflection. Make copies of these available if anyone would like to have some assistance on the Day.
- Teachers and youth workers can assemble lesson plans or discussion guides related to the Day, asking questions to help students reflect on their memories, stories they've heard, commonalities and differences, what the past means, and what kind of society they want for the future.
- Stories can be told, helping students to place past, present, and future into a relevant context.
- Utilise music, films, and art as a means of reflection through either discussion or personal meditation.