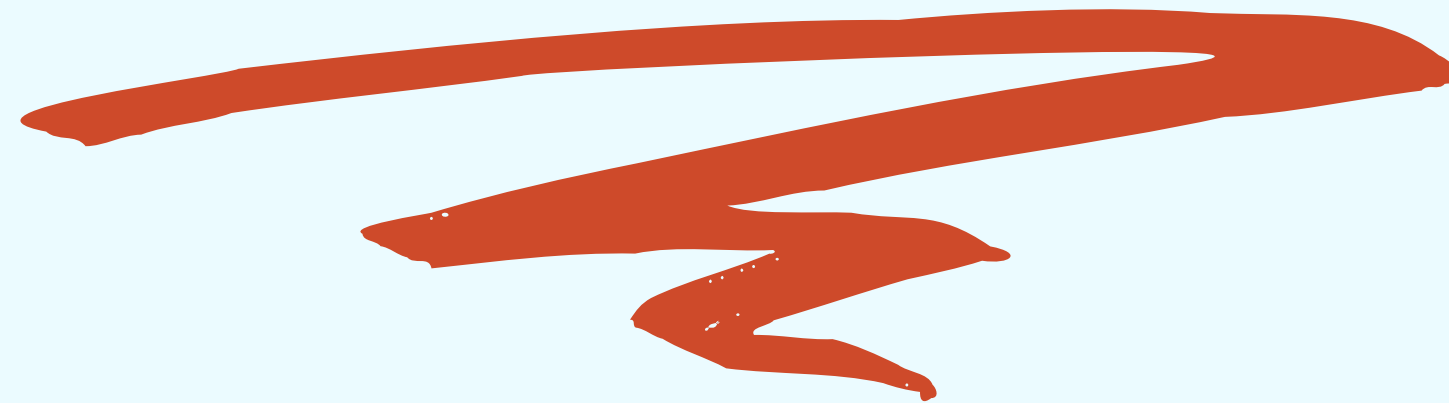




DO THE RIGHT THING

THINK IT THROUGH





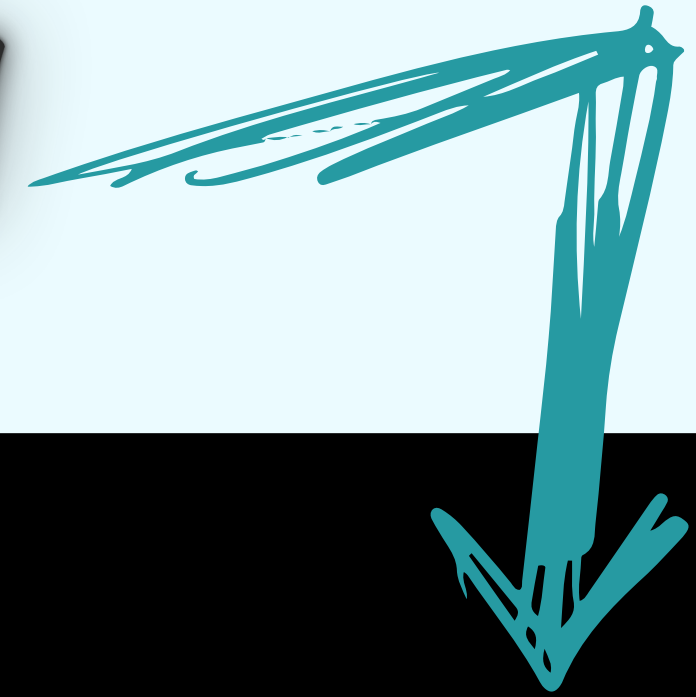
INTRODUCTION

Today, we will:

- * Explain how reflection helps people learn from their experiences and make more thoughtful decisions in the future.
- * Analyze La Reezy's message about the power of reflection and connect his ideas to our life experiences.
- * Reflect on personal moments of reaction, pause, and growth to identify how self-awareness can guide responsible decision-making.



SEL CONNECTION



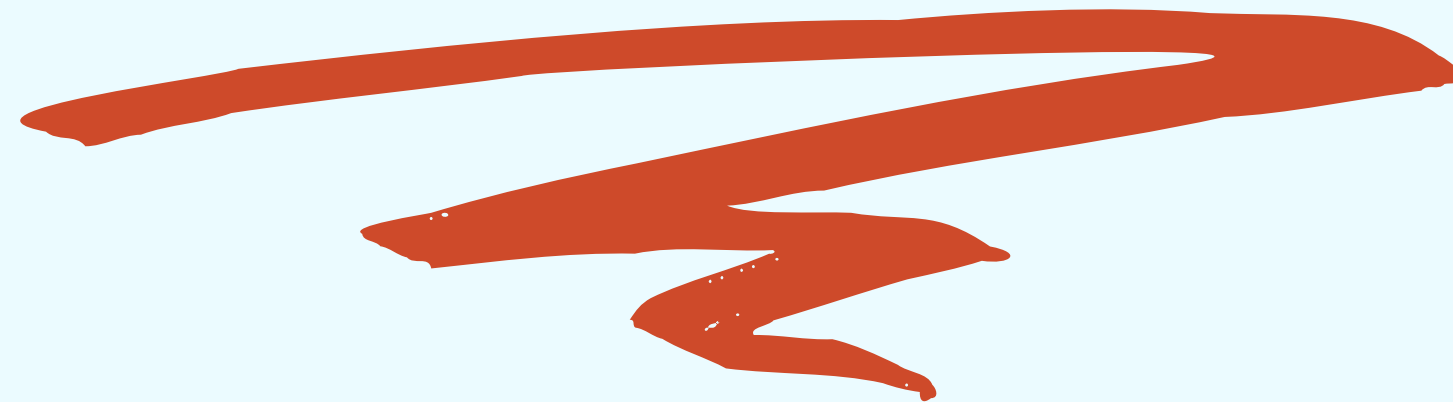
Today, we will practice **responsible decision-making** by learning how pausing to reflect on our experiences helps us understand our emotions, learn from past choices, and make wiser decisions in the future.





ICEBREAKER

WOULD YOU RATHER: BARS EDITION



ICEBREAKER

>>> GET MOVING!

WOULD YOU RATHER

- 1) One wall is **A-Side** The other is **B-Side**.
- 2) I'll drop each Would You Rather line like a call-and-response. Move to the side that matches your vibe.
- 3) After each round, be ready to share what made you choose that side.



ICEBREAKER

>>> GET MOVING!



WOULD YOU RATHER...

replay your best day on loop

OR

redo a mistake and come back with a stronger move



ICEBREAKER

>>> GET MOVING!

WOULD YOU RATHER...

earn respect for staying steady and strong

OR

for reflecting well when things go wrong



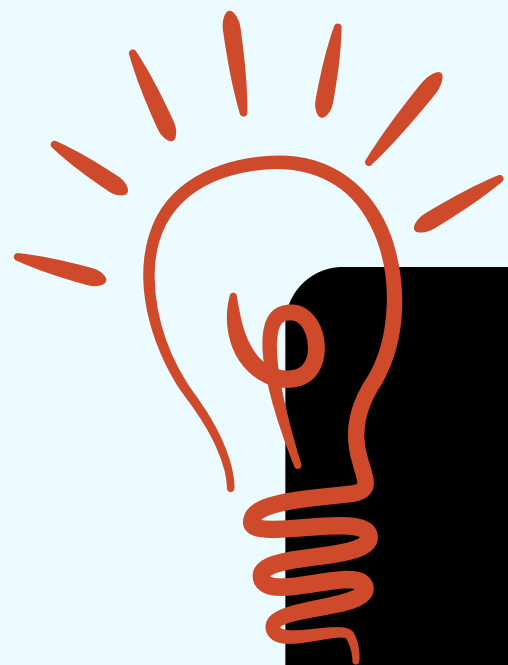
WOULD YOU RATHER...

pause and think before every step you take

OR

learn something real from each honest mistake





WOULD YOU RATHER...

get advice from the you who came before

OR

be future-you dropping hints on what's in store





WOULD YOU RATHER...

always know the feelings you show

OR

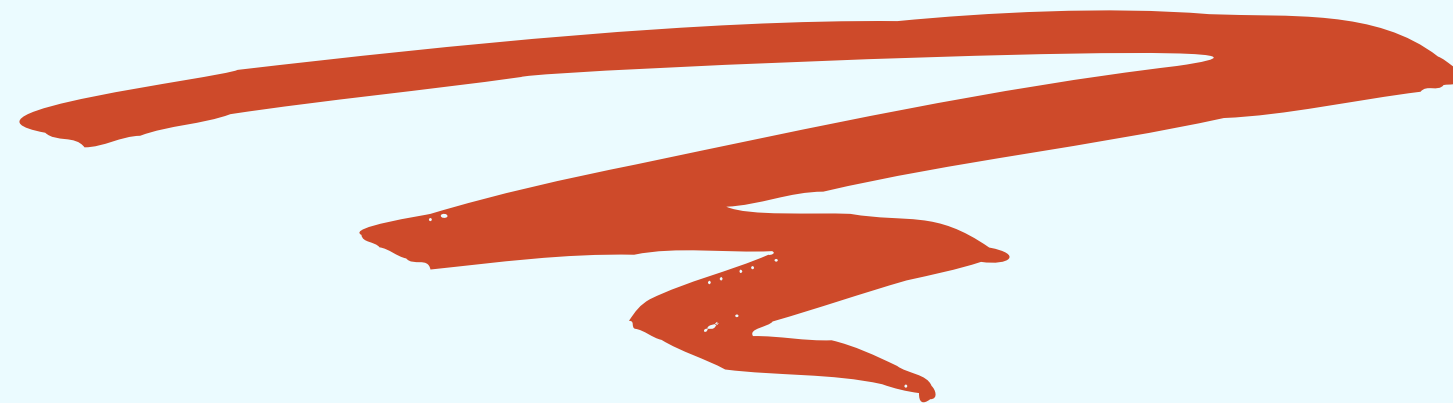
understand the reason behind the highs and lows





LESSON PART ONE

POWER OF REFLECTION



LESSON: PART ONE



TALK ABOUT IT

WHO IS LA REEZY?



- La Reezzy is a New Orleans-based rapper and producer (birth name Khayree Salahuddin)
- La Reezzy blends thoughtful, socially conscious lyrics with self-produced tracks that reflect his personal journey.
- He founded the ethos “U.T.H. – Utilizing Time Here” and uses his music as a platform to inspire self-improvement, community upliftment, and responsible decision-making.



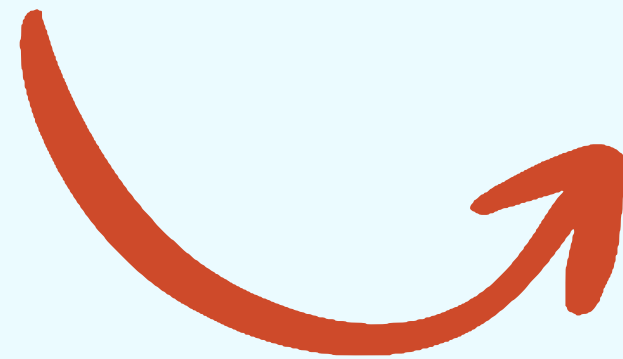
LESSON: PART ONE



WATCH A VIDEO

POWER OF REFLECTION

Watch La Reezy discuss the power of reflection as we're living life.





POWER OF REFLECTION



I want to tell you anything you go through in the world or anything that comes your way is for a reason. Reflect at the end of your day on what happened in your day...this journey is leading you to something” - La Reezy

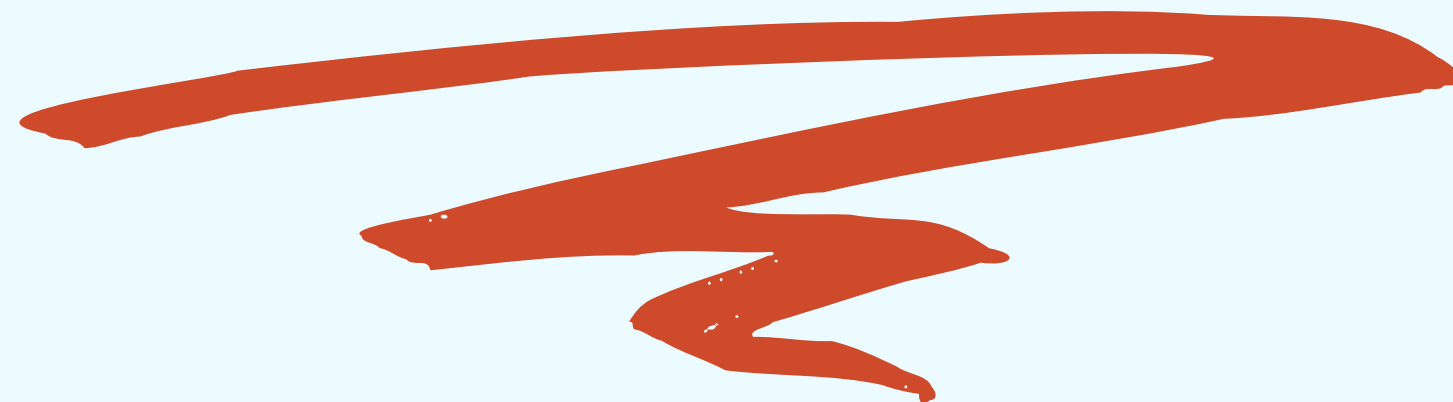
- What does this quote mean to you personally?
- Why is reflection important before making a decision?
- How can reflection help you handle pressure, mistakes, or conflict differently?





LESSON PART TWO

HOT SEAT



LESSON: PART TWO



HOT SEAT

Write Your Reflections:

- **React:** Share a time you reacted quickly — what did you learn?
- **Pause:** Describe a time you paused before making a decision — how did it help?
- **Grow:** Think of a challenge you faced this year — what did it teach you about yourself?



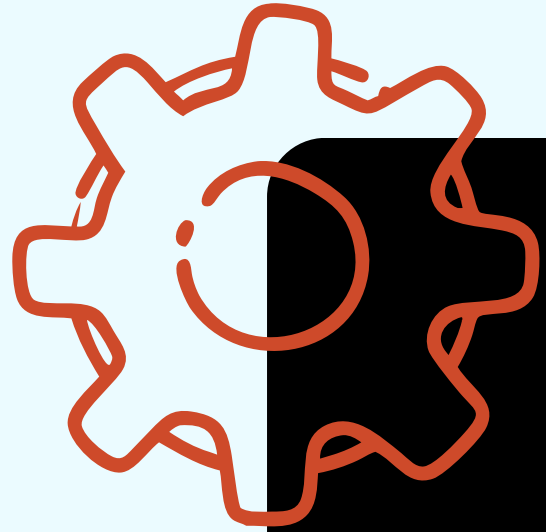
LESSON: PART TWO



HOT SEAT

HOW IT WORKS

- 1) One person volunteers for the Hot Seat.
- 2) Share one of your reflections (React, Pause, or Grow).
- 3) Choose a Follow-Up Prompt from the next slide.
- 4) Classmates respond and connect.



LESSON: PART TWO



HOT SEAT

FOLLOW-UP PROMPTS

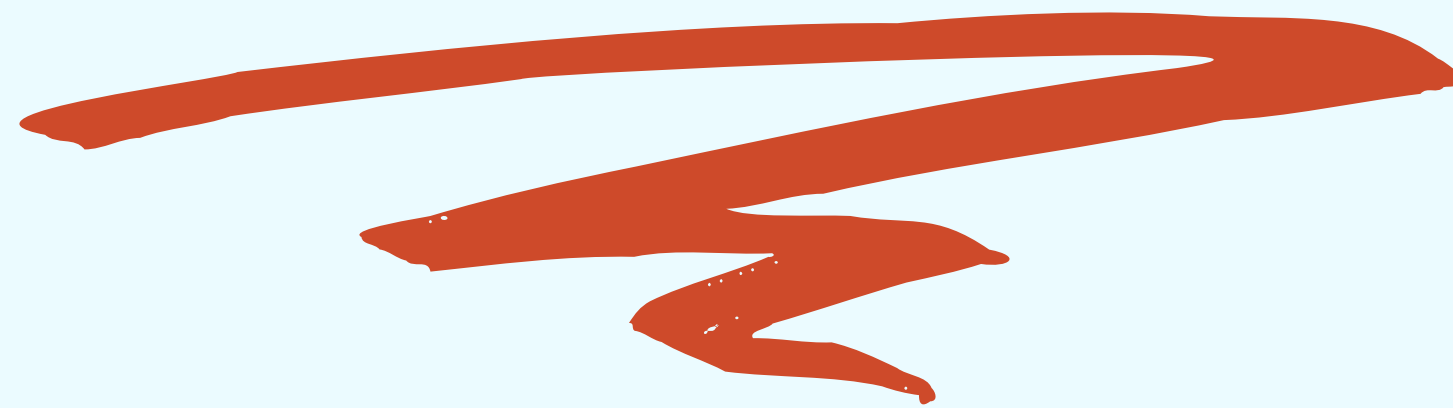
- **Relate:** Who can share a similar experience or emotion?
- **Rethink:** If you could redo that situation, what might you do differently?
- **Ripple Effect:** How did that decision affect others?
- **Lesson Learned:** What insight can we all take from this story?
- **Advice Mode:** What reflection could help someone in a similar situation next time?





LESSON PART THREE

A MOMENT TO REFLECT



LESSON: PART THREE



TALK ABOUT IT

A MOMENT TO REFLECT

- What did you notice about how reflection shaped people's choices?
- How did taking time to think change someone's outcome?
- What's one thing you learned about pausing before deciding?



LESSON: PART THREE



TALK ABOUT IT

A MOMENT TO REFLECT

CLOSING CIRCLE

"One thing I'll start reflecting on before I make decisions is..."

