

# ART REFLECTION

Name/Grade (optional): \_\_\_\_\_

- Which word might help you remember to be more kind, more peaceful, more compassionate? **Which word could help you take a step onto HIGHER GROUND when faced with a difficult situation?** CIRCLE IT BELOW:



**Compassion      Hope      Open-heartedness      Kindness      Acceptance**  
**Empathy      Gratefulness      Peace      Courage      Friendliness      Patience**  
**Understanding      Calm      Resilient      Trust      Generosity      Deep listening**

Please think about WHY you chose this word. Could you try and share with me the reason behind your choice?

---

---

---

Have you thought about this word or used it to help you (in school or at home) since working on your Block Party Quilt Square? YES/NO

If it did help, can you share when/how?