

## Proactive Projects and Reports

Choose two out of the three options to complete. When finished, write a reflection to describe what you've learned. Use the questions to guide your reflection.

1. Plan and prepare a nutritious meal ten times during the school year. Write a small report answering the following essential questions.

- \* What did you make?
- \* Did you need any help to complete the meal?
- \* Did your family enjoy it?
- \* Will you make it again?

2. Form a habit of cleanliness by keeping your personal areas clean for two weeks. Write a small report answering the following essential questions.

- \* What areas did you need to keep clean in your home?
- \* Did you need to be reminded to keep your areas clean?
- \* Did your dad or mom notice your areas were clean?
- \* What will you need to do to continue this habit?

3. Keep a kindness journal for three weeks. Write down the kind acts you completed for others, as well as kind acts others have done for you. Write a small report answering the following essential questions.

- \* What types of kind acts did you complete and did anyone notice?
- \* Did you notice any kind acts done for you? What were they?
- \* Did you complete kind acts for anyone outside of your family?
- \* What will you need to do to continue being kind?

4. Come up with a proactive project of your own. You must speak with your teacher first before you start the project and she will help you with the essential questions.