

Student Journal for Social and Emotional Learning

Name:	Start Date:

Special thanks to Kevin Atlas and the entire Believe in You team at Varsity Brands.

OPENPhysEd.org





The OPEN Basketball Nation is a group of people from around the world who have made the choice to use basketball as a way to enjoy physical activity with friends, build a habit of perseverance, seek ways to help others, and cultivate a culture of gratitude.

On the pages of this journal, you will reflect on these purposeful choices with a focus on your personal experiences, beliefs, and efforts.

Welcome to the OPEN Basketball Nation.

#OPENBasketballNation

REFLECTION 1: IT STARTS WITH YOU IF NOT YOU, WHO?

Key Academic Language Words...

Learning Environment /noun/ Any physical location where students gain knowledge or skill.

Self-Awareness Questions

1. How can you recognize a positive learning environment?

2. How would you describe the learning environment in physical education class? (Remember to give examples.)

3. What are you doing to create a positive learning environment for you and your classmates?





Some people want it to happen, some wish it would happen, and others make it happen. – Michael Jordan

REFLECTION 2: IT STARTS WITH YOU IF NOT YOU, WHO?

Key Academic Language Words

Self-Management */noun/* Control over yourself that allows you to take responsibility for your own actions and well-being.

Self-Management Questions

- 1. In your own words, what does self-management mean?
- 2. What do you notice about how you respond when you see a classmate who needs help?
- 3. What do you notice about how you respond when you see a classmate who feels left out?
- 4. Could you change your response in a way that would continue to create a more positive learning environment for your classmate?
- 5. How is your response related to the way your peers respond? Can you give specific examples?





Nothing is given. Everything is earned. - LeBron James

REFLECTION 3: BUILD HABITS CHOOSE STRENGTH & PERSEVERE

Key Academic Language Words

Perseverance /noun/ Continued effort to do or achieve something despite difficulties, failure, or opposition.

Self-Management Questions

1. In your own words, what is perseverance?

2. How would you describe your ability to persevere?

3. What is emotional strength?

4. How is emotional strength related to perseverance?

5. How is your sense of well-being related to your ability to persevere through a challenge?





What do you do with a mistake? Recognize it, admit it, learn from it, forget it. – Dean Smith

REFLECTION 4: BUILD HABITS CHOOSE STRENGTH & PERSEVERE

Key Academic Language Words

Self-Improvement /noun/ The betterment of your own knowledge, status, or character.

Responsible Decision-Making Question	Responsible	Decision-Making	Questions
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1. In your own words, what is self-improvement?

2. What can you learn about basketball, or what basketball skills can you develop, that will lead to self-improvement?

3. Why do you think these things will help you as a person? Give examples.

4. How is your mindset related to your ability to embrace opportunities for self-improvement and learning?





Do your best, one shot at a time, and then move on. - Nancy Lopez

REFLECTION 5: BUILD CHARACTER HOW CAN I HELP?

Key Academic Language Words

Skill /noun/ An ability specific to a task.

Resource /noun/ A material item, person, group, collection of knowledge or special talent that can be used to achieve a goal or accomplish a task.

Self-Awareness Questions

1. In your own words, what is a skill? What is a resource?

2. How would you compare and/or contrast skills and resources?

3. What skills do I have that could help another person improve and/or overcome a challenge?

4. What resources do you have that could help?





Know what your core values are and always stick with them. - Lin Dunn

REFLECTION 6: BUILD CHARACTER HOW CAN I HELP?

Key Academic Language Words

Social Dynamics */noun/* Group relationships formed through individual and group-level interactions and formed through the behaviors and attitudes of all group members.

Social-Awareness Questions

1. In your own words, what are social dynamics?

2. How can your behavior improve the social dynamics of your school?

3. How is your willingness to help others related to the social dynamics of your school?





I seek to leave the world a little better than I found it. – James Naismith

REFLECTION 7: BUILD CULTURE EXPRESS GRATITUDE

Key Academic Language Words

Gratitude /noun/ The quality of being thankful; readiness to show appreciation for and to return kindness.

Self-Awareness Questions

1. In your own words, what does gratitude mean?

2. What would you include on a list of things you're grateful for?

3. How does expressing gratitude to others make you feel?





Great players are willing to give up their own personal achievement for the achievement of the group. It enhances everybody. – Kareem Abdul-Jabbar

REFLECTION 8: BUILD CULTURE EXPRESS GRATITUDE

Key Academic Language Words

Culture /noun/ The behaviors, customs, arts, and beliefs that are characteristic of a particular social, ethnic, or age group.

Social-Awareness Questions

1. In your own words, what does culture mean?

2. How would you describe the culture of your physical education class?

3. How does expressing gratitude to others make them feel?

4. How does expressing gratitude help to improve the culture of your class?





We communicate all the time, even when we don't realize it. Be aware of your body language. – Pat Summitt

REFLECTION 9: BUILD CULTURE EXPRESS GRATITUDE

Key Academic Language Word

Support /verb/ To give help, assistance, and encouragement to someone or something.

Relationship Skills Question

1. In your own words, what is support?

2. What would you include on a list of ways that you can express support others?

3. How can I apply what I know about self-awareness and social-awareness in order to help and support my classmates so they can grow and learn in positive ways?



