

Reflection and Celebration

Lesson Plan



Middle School
MOMENTUM





Reflection and Celebration

Lesson Plan

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SkillsUSA Reflection and Celebration

Activity 1: Reflection and Celebration

Goal of the Activity: Students will reflect on course topics, skills, and SkillsUSA involvement, consider their personal growth, identify ways to keep developing, and celebrate the year together.

Activity Overview: Students will reflect on their favorite topics, activities, and projects from the class and SkillsUSA to create a class timeline. They will discuss why the curriculum, topics, and skills are important now and for the future. Time will be provided for personal reflection and for writing a letter to their future selves. The session will conclude with a movement activity celebrating everything students have accomplished.

Middle School Momentum: Reflection and Celebration

Time Required: 50 minutes

Suggested participants: All middle school students

Materials Needed: Lesson PowerPoint Slide deck (optional), printed timeline labels, sticky notes (2 per student), writing utensil (1 per student), envelopes (1 per student), and paper (1 piece per student).

Learning Objectives

Students will:

1. Identify and reflect on key topics and skills learned throughout the course and explain why they matter.
2. Evaluate personal growth by recognizing strengths developed, challenges overcome, and progress made during the year.
3. Set a personal goal for continued growth, identifying one action they can take to keep building their skills beyond this class.

Facilitation Instructions

Part 1: Memory Lane Timeline (15 minutes)

Do: Before the session, arrange the timeline labels in order on the wall or another visible surface. Add the unit names or topics to the timeline to help students recall what they learned.

Say: “Today we will take time to celebrate and reflect on our year. Let’s start by sharing our favorite moments from this class and SkillsUSA.”



Activity: Our Favorite Things

1. Give each student two sticky notes.
2. On each sticky note, students write one favorite lesson, project, or activity from the year (one per note).
3. When finished, students take turns sharing their favorites and placing each sticky note on the class timeline in the correct order.

Say: *“We’ve had a great year! As we’ve shared and reflected on these lessons, projects, and activities, I’m sure even more memories and moments have come to mind.”*

Part 2: Why the Curriculum Matters (15 minutes)

Say: *“The curriculum and units we covered this year were designed with a purpose—by me, our school, and the state. I’d like to hear from you why these topics and skills matter to you, both now and in the future.”*

Activity: What Mattered Most

1. Place students into pairs.
2. Display the discussion questions using PowerPoint slide #3 or write them on the board.
 - . What is something you learned in this class that you have already used outside the classroom?
 - . Which skill we practiced this year do you think will help you most in the future? Why?
 - . What was the most important lesson you learned this year?
 - . What is one skill you improved or grew in during this class?
3. Have pairs discuss the questions together.
4. Debrief as a class by inviting a few pairs to share their responses and guiding a brief group discussion.

Part 3: Letter to Future Self (15 minutes)

Do: Play reflective type music during this activity

Say: *“We’ve spent time remembering our favorite things from the year and discussing the lessons and skills that mattered most, our final activity is to give you each a chance to personally reflect and write a letter to your future self, to be opened at the start of the next school year.”*

Activity: Letter to my Future Self

1. Give each student one piece of paper.
2. Read the reflection questions aloud and display them using PowerPoint slide #4 or write them on the board.
 - . What is something you are proud of accomplishing this year that you want to always remember?
 - . What challenged you most this year and what did you learn from it?
 - . What is one habit or mindset you want to carry with you into next year?
 - . If you could give advice to yourself about next year, what would it be?
 - . What is one goal you want to set for yourself based on what you learned this year?
3. Students will write a letter to their future self, to be returned at the start of the next school year. The questions are meant to guide their thinking; students do not need to answer every question.
4. When finished, give each student an envelope and have them their letter inside and seal it.
5. Students should clearly write their name on the outside of the envelope so it can be returned to them next school year.

Say: *“I look forward to keeping your letters safe and returning them to you next school year. My hope is that these letters will help you continue the momentum you’ve built during this class.”*

Part 4: Closing (5 minutes)

Activity: “Modified That’s Me”

SkillsUSA Accelerate (pg. 68)

1. Read each question aloud.
2. Students stand and shout “That’s me!” if it applies to them.
 - . Did you try something new this year?
 - . Did you overcome a challenge?
 - . Did you learn something you didn’t know before?
 - . Did you accomplish a goal you set for yourself?
 - . Did you discover a new talent or skill?
 - . Did you grow as a leader?
 - . Did you lead a group or project?
 - . Did you help a classmate succeed?
 - . Did you step out of your comfort zone?
 - . Did you encourage or cheer on someone else?
 - . Did you make a positive difference in our school or community?
 - . Did you make a new friend this year?
 - . Did you make this year a memorable one?
 - . **Say:** *“This has been a wonderful class, and I truly appreciate each of you. Thank you for the effort you brought to the classroom, your willingness to try new things, and your dedication to growing. It has been an absolute joy to teach you this semester.”*



Tips For Success:

- Prior to the session, list the units on the timeline to help students remember curriculum throughout the year; this will help jog their memories about specific activities and projects.
- If time is limited, only give students one sticky note in the first activity.
- Store the letters in a secure location. They may be returned to students during enrollment the following year by the school office or distributed on the first day of class. For added impact, consider writing a brief personal note on the outside of each envelope before returning it.



Conclusion:

Reflecting on the year helps us recognize how much we've learned, grown, and accomplished. Celebrating these moments reminds us to appreciate our efforts, the progress we've made, and the connections we've built. Taking time to reflect and celebrate sets the stage for continued growth in the year ahead.

Expand your Skills

For additional classroom activities, explore the SkillsUSA resources including [SkillsUSA Accelerate](#), [SkillsUSA Jumpstart](#), and [SkillsUSA Propel](#).

Supporting Resources

[SkillsUSA Accelerate](#)



July



August

September

October

November



December

January



February

March



April

May



June



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