



Memo

Note Catcher

In this lesson, students will write memos to themselves or loved ones as a way to self-reflect and consider words of wisdom.

ICEBREAKER

Write down a quote or phrase that inspires you or grounds you daily. Use the following questions and examples to help you think:

- Who inspires you? What words of wisdom do they say about life?
- What is your own wisdom or truth that you've learned in life?
- What quote or set of lyrics inspires you or keeps you calm?

Examples of Words of Wisdom:

- Be the change you want to see in the world
- Family comes first
- How you practice is how you preach
- "I hope you never trade a better view for a better view" -Kota the Friend

(Continued below)



Memo

Note Catcher

LESSON PART TWO

My Memo

To:

From: