

Lesson:
Turning Over a New Leaf

(Adapted from the
Professional Resource
Exchange, Inc.)

Length of lesson:
30 Minutes

Materials:

- Cut out leaf shape
- Pens/ Pencils
- Crayons/ Markers

Discussion Summary:

Self-reflection is an essential part of personal growth and development. When reflecting, there are things that you can praise yourself for, however it is also important to recognize areas in which you could improve upon. The term *turning over a new leaf* refers to changing an old method and starting fresh with a new method. Just as with a sport or instrument, practice improves your ability to perform. Within our own lives, we can also improve our ability to make our life better.

Discussion Questions:

- **How can *turning over a new leaf* benefit your life?**
- **What are simple ways to turn over a new leaf in a simple school day?**

1. The group begins with a discussion of the proverb, “Turning over a new leaf.”
2. While handing out materials and leaf cutouts, group members discuss the possibility of changing an aspect of their lives that is self-destructive or harmful to others. The facilitator tells the members to imagine exchanging one aspect of their lives.
3. On the front of the leaf, each member’s draws in the circumstance or aspect of their life that they want to change. For example, “Taking out a bad day on my little brother.”
4. On the back side of the leaf, the participants will draw or write how an alternative behavior could be more constructive and how they can change the action on the front of the leaf. For example, “When I’m upset, I can write in my journal what’s bothering me until I calm down instead of taking my anger out on my little brother.”
5. Conclude the activity by allowing volunteer participants to describe her completed drawing and tell why they want to make the perceived change. Members focus on how they can help each other work toward making these changes.

