

# REFLECTIONS

  

## ROOTED IN LOVE

*Because we find ourselves operating under different circumstances, we wanted to replace our typical classroom critical discussion guide with a piece more conducive to individual reflection.*

**MIKE OPENS THE VIDEO BY LISTING A MYRIAD OF EMOTIONS THAT WE ARE ALL FEELING DURING THIS TIME OF UNCERTAINTY. LATER ON, MIKE HIMSELF BECOMES OVERWHELMED WITH EMOTION. THIS GOES TO SHOW THAT WE ARE ALL – REGARDLESS OF AGE, GENDER, RACE, RELIGION, GEOGRAPHY, PRIVILEGE – DEALING WITH AN ABUNDANCE OF FEELINGS THAT ARE OUT OF THE ORDINARY.**

Reflection prompt 1: The first step in processing all our emotions is to identify them. Take stock of the emotions you are feeling. What are healthy ways you can cope with each of the emotions you have identified?

**MIKE ACKNOWLEDGES THAT THIS MOMENT WE FIND OURSELVES IN WILL COST EACH OF US SOMETHING, IN SOME WAY. BUT, HE CHALLENGES US TO PAUSE AND LOOK FOR WHAT THIS MOMENT IS GIVING TO US AS WELL.**

Reflection prompt 2: What opportunities do our current social disruptions and distance from others give us?

**THROUGHOUT THIS VIDEO, MIKE SAYS THE WORD “WE” OVER 40 TIMES.**

Reflection prompt 3: Why do you think that in the most difficult of times, people seek a sense of community and support from others? How can we connect and support one another through the isolating ramifications of the COVID-19 pandemic?

**MIKE IMPLORES US ALL TO USE THIS TIME TO FIND WAYS TO IMPACT THE PEOPLE AROUND US.**

Reflection prompt 4: How will you choose to fill your time?

How will you personally build community and be impactful in the next few weeks?

**NUMEROUS INDIVIDUALS AND AGENCIES ARE GIVING OF THEMSELVES, THEIR TIME, AND THEIR RESOURCES TO PROTECT AND CARE FOR OTHERS.**

Reflection prompt 5: Who are the unsung heroes in this time of crisis?

How can you show support, compassion, and gratitude to these individuals?



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