

# Let's reflect on \_\_\_\_\_

Write or draw in the cloud...

## 1 Get ready



Photos?



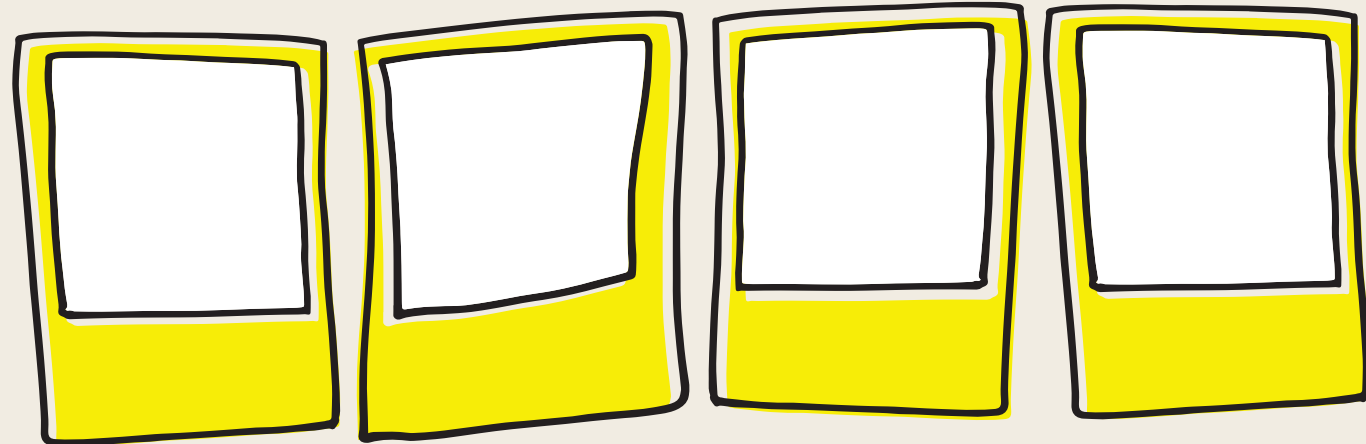
Videos?



Feedback?

## 2 Remember

What did you do



2 things, you:

Saw



\_\_\_\_\_  
\_\_\_\_\_

Touched



\_\_\_\_\_  
\_\_\_\_\_

Smelled



\_\_\_\_\_  
\_\_\_\_\_

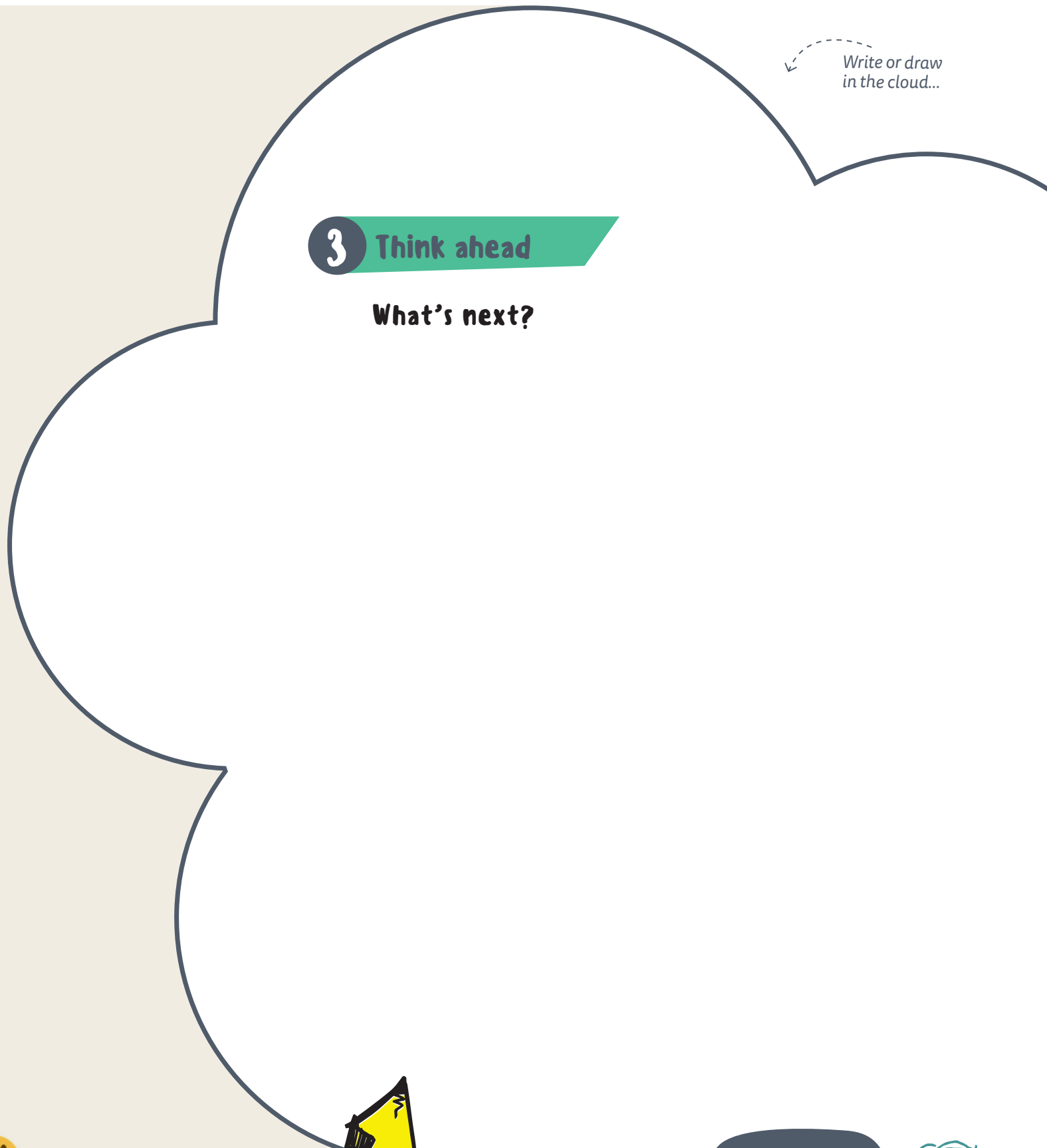
Heard



\_\_\_\_\_  
\_\_\_\_\_

## 3 Think ahead

What's next?



How did you feel during the experience?



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Read more about our Reflection Framework

We do not learn from experience, we learn from reflecting on experience!  
- John Dewey -



# Reflection Framework

## Remember

### Narrative Reflection

Tell the story of your experiences, discover some surprising things about ourselves.

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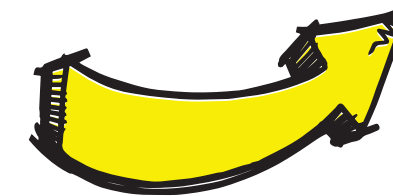
### Sensory Reflection

Focuses on our senses like eyes, nose, ears, mouth, and skin. We ask if we enjoyed what we experienced.

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### Introspective Reflection

When we focus on what we think and feel to connect to the world around us



## Think ahead

### Future oriented Reflection

Future oriented Reflection allows us to think about possibilities. It guides us to create better futures for ourselves. By using it, you are taking what you experience today to shape what you want to experience tomorrow.

