

Post-activity Reflection Template

The activity I completed was

I completed it

On my own



With someone else



1. *How did this activity make you feel in your mind and body?*



I feel happy



I have more energy



I feel tired



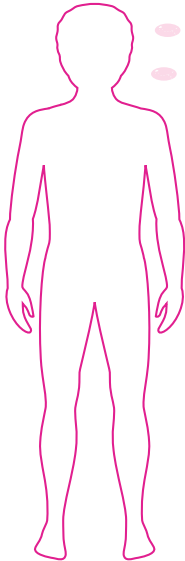
I feel like doing this again



I feel sad

2. *I used the following body parts:*

Please circle or colour in



3. *What did you find easy or difficult about the activity?*

4. *Does this activity remind you of another game you have played?*

5. *I would like to do this activity again*

Yes

No