

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 feel motivated



I have more energy



I feel better than when I started

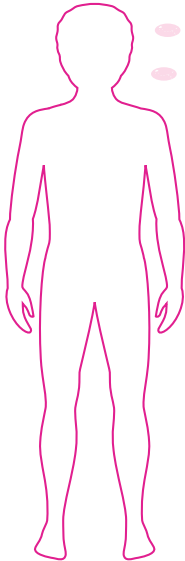


I feel worried and unsure about something



I did not enjoy this activity

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