

Post-activity Reflection Template

The activity I completed was

I completed it

On my own



With someone else

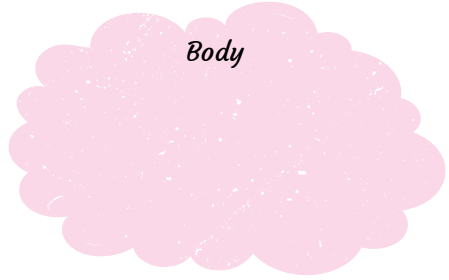


1. How did this activity make you feel in your...

Mind

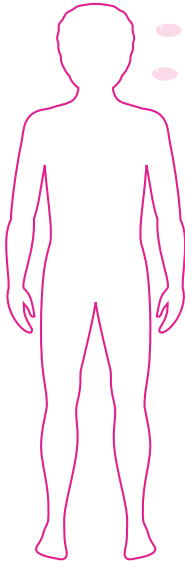


Body

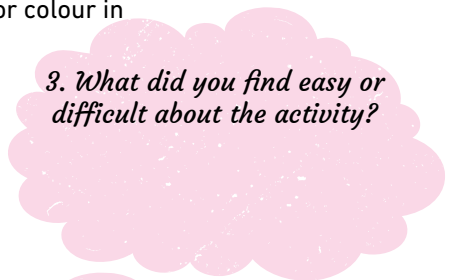


2. I used the following body parts:

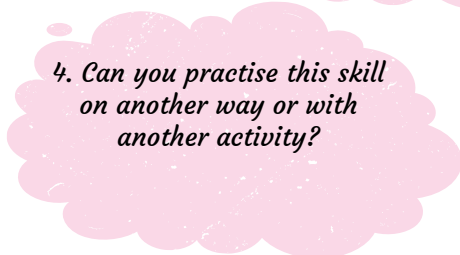
Please circle or colour in



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



4. Can you practise this skill on another way or with another activity?



5. I would like to do this activity again

Yes

No