

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



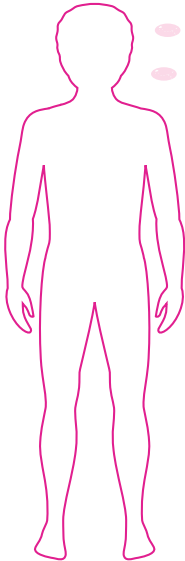
I feel like doing this again



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

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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



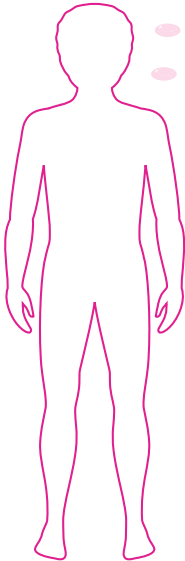
I feel worried and unsure about something



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

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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