

MAKE IT INTENTIONAL!

What is Reflection?

Reflection is an intentional process where youth review, summarize, evaluate, and/or make meaning of a recent activity or event.

- What they have done
- How they feel
- How the experience informs future experiences or different settings.

Strategies

Different people process better in different ways. Reflection can happen through a variety of ways. Here are a few to consider:

- Discussion (large group or one-to-one)
- Writing or drawing (journaling, post-its, etc.)
- Movement (spectrum activities, props, skits)
- Creating presentations to share out



What is Feedback?

Feedback provides young people an opportunity share their thoughts about activities that will benefit staff in future planning and facilitation.

ORID Method

ORID is an example of a method that helps facilitate an intentional and powerful reflection conversation.

O - Objective - What is observed during the activity. What did they see, hear, notice?

R - Reflective - What do they think, feel, wonder about the experience? How did they experience it?

I - Interpretive - What does it mean to them? How did it impact them? What did they learn or how does it relate to previous knowledge?

D- Decisional - Now what? Will it change what you think or do differently in the future? How can you apply what you have learned from the experience?

Reflection Worksheet

- Do you currently do reflection in your programming? What does it look like? Sound like? When does it happen?
- What is one thing you could do this week to strengthen reflection in your program?
- What is an upcoming activity you can focus embedding powerful reflection in?
- What are some opened ended reflection questions that you could ask to help young people build connection to the activity and their experience? How will they respond (writing, drawing, discussion?)
- What can you ask that will provide YOU with feedback that is helpful for you in your own reflection on how you structured the activity?

Want to go deeper?

Consider searching the internet with phrases like

- ORID focused conversation method
- Reflection activities for youth

*as you learn new reflection questions or activities consider their intentional purposes, how they are implemented, and how they support young people in reviewing, summarizing, or evaluating their recent activity or event.



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