



Activity Reflection Tool
(Example of Completed Reflection)

To be used immediately after a learning experience. Youth can draw, make a video or write to these prompts. This reflection tool can be used by individuals or can be prompts to lead group discussions.

| We chose a project! This is our project outline: | |
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| Who/what we made, helped, raised, grew or improved: | Talked about making a difference, know who we are in this world and why we're here to help others. |
| How we did it: | By getting together and sharing ideas to create a measurable attainable goal (or idea) |
| When we did it: | At Teen Council meeting, February 2017 |
| Where we did it: | Waterville Library |

Why we did this:

To make a difference, to have a meaning to 4-H. To make 4-H a better place and try to get people to attain their goals so we become better people in life.

What did you learn? (Can use Life Skills Wheel as a prompt.)

Problem solving and goal setting and to respect others ideas, got to know each better, public speaking/communication.

Was it easy or hard? What was easy or hard about it?

It was hard, having to list community needs as a priority, each is a problem, the decision making was hard. Deciding who I am, reflecting during the teambuilding.

Did you have fun? Do you think your friends had fun too? Why?

I had fun. It was cool to come up with ideas together, to see our opposite ideas and the ideas we had in common.