

Example: Reflecting on other people's thoughts and feelings

Age: from the age of 8 and up.

Objectives: Practice reflecting and building empathy.

Expected outcome for the student: To become more aware of other people's experiences and feelings.

Expected outcome for school staff: To involve the whole class in discussions. To get to hear/read the thoughts of each individual student.

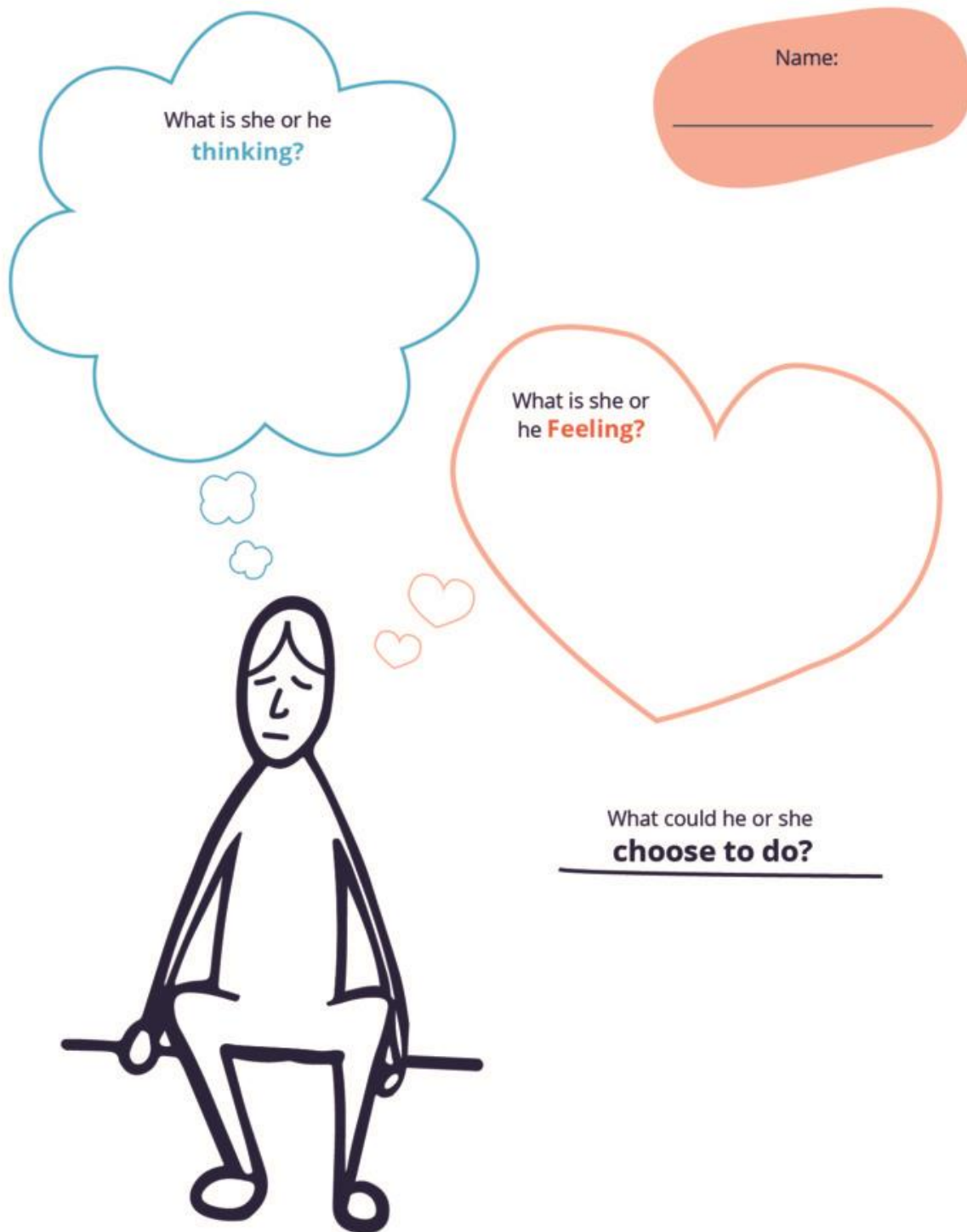
How to carry out: First, distribute as many copies of this tool (below) as you need for the task. This reflection tool can be used when a class, or a group of students, for example, reads a book or watches a film where a character needs to make a choice. Take a break from the story or film and let the students reflect on the character's thoughts, feelings and possible choices. Let the students take time to think by themselves before they fill out the sheet. Feel free to encourage students to write several suggestions in each field. When everyone has filled out the sheets, you can put the students together in small groups to discuss their thoughts. Lastly, you can gather the whole class for a discussion.

Comments from school staff on use of tool:

A teacher tried this out with students in 6th grade. The teacher started using this tool because the classroom did not willingly participate in these types of discussions. For this teacher, it was important not only to encourage students to participate in discussions, but also to acknowledge their work by giving students individual feedback when using this tool.

The same teacher believes that it can be fruitful to repeat this exercise several times to see results.

References: Unknown



Reflection exercise

boost

Name of the tool or exercise

Age:

Objectives:

Expected outcome for the student:

Expected outcome for school staff:

How to use or carry out:

Comments from school staff on use of tool:

References: