

Building Bridges Reflection



Name: _____



Date: _____

1. What happened?



Where



were



we?



Who

was



there?



What



did



we



do?

2. How did I feel? (circle or tick all that apply)



Happy



OK



Confident



Enthusiastic



Worried



Frustrated



Confused



Other

I felt.....because.....

3. How was the activity?



What



went



well?

It went well because.....



What

was



difficult?

It was difficult because.....

5. What skills did I learn (circle all that apply)?



Listening



Speaking



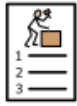
Problem—Solving



Creativity



Adapting



Planning



Teamwork



Leadership

Can you give an example of a situation where you built your skills today? What did you do?

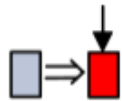


What

was



the end



result?

6. Next time plan (tick any that apply)



What



would



I



do

differently



next time?

- Ask for help Take more time Prepare
- Practice Write instructions down Try a different way Listen more carefully
- Anything else you might do next time?