





Reflection  - **Check off what fits!** 

	Today:			
1.	I was motivated to participate in the games and actions.			
2.	I was expressing myself and taking care of my needs.			
3.	I am content about how I cared for the group/ the others. (eg. concentration; balance concerning listening and talking...)			
4.	I am content about the choices I made. (eg. concerning participation; who I worked with; how I played my roles...)			
5.	I am happy with the instructions I received.			
6.	Today I have learned some interesting things.			

I felt: _____
(relaxed, excited, happy, light, joyful, content, sad, angry, scared,...)

because my desire for _____
(fun, contact, adventure, community, sense, movement, joy, learning, harmony...)

O was fulfilled **O was not fulfilled**

I also want to say: _____

Suggestions I want to make: _____

Please use the back side if you need more space.



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