

## TEN IDEAS FOR ACTIVE REFLECTION

1. **Bull's-eye:** Make a bull's-eye target design on the ground large enough for the entire group to fit inside with plenty of room (e.g. a hula hoop as the bull's eye and a large circle of rope or cones as the outermost ring). Explain to the participants that they are Arrows for the bull's eye, and they need to stand on the target based on the "accuracy" of their performance (e.g. "how on-target was the Teamwork?"). Anyone standing in the bull's-eye means they felt the accuracy of their performance was perfect, and the further away from the bull's-eye they are means the less they felt their team performed the characteristic in question. Anyone standing off of the bull's-eye is expressing that the characteristic in question was not present at all. Once people have settled in to their position on the target, ask is anyone would like to share why they stood in their spot on the target. Repeat as necessary.
2. **Fireball (Helicopter):** Ask the group to stand in a circle about arm's distance apart from each other. Have a facilitator stand in the center of the circle with a rope just long enough to reach the outside of the circle (i.e. the radius of the circle). Explain to the group that the facilitator will ask a debriefing question and then spin the rope around the circle. Each participant will try to jump over it, but if they jump too late or too low and the rope hits their feet, they have to answer the question that was asked. Repeat as necessary.
3. **Finger Scale:** Explain to the group that they will be using their fingers to answer questions based on a scale of one to ten, one finger being the worst and ten fingers being the best. Ask a debriefing question and let the participants show their Finger Scales, then ask if anyone would like to share why they chose their number. Repeat as necessary.
4. **Show of Hands:** Ask the group to answer yes or no questions by raising their hands to some debriefing questions (e.g. "Raise your hand if you helped someone!" "Raise your hand if you had fun!" etc.). This can be a quick debrief to be used as a transition or when short on time, and help if the group has trouble talking over each other or repeating themselves.
5. **Color Cards:** Ask the group to circle up. Spread out a collection of colored cards inside the circle, and ask the group to look at the colors and think about how they felt during the activity. Each "color card" should have one color drawn on it (e.g. "red," "orange," "chartreuse," etc.). Challenge the group to find a color that they can use to express their feelings (e.g. "I picked yellow because I felt happy"). Give the group some time to think, and then when everyone has decided ask the participants to pick up the card they chose. If two or more people want the same card, ask them to sit next to each other and share; it's not a race! Once everyone has settled with their card, ask the participants to explain to the group why they chose their color. This activity can be used for all three phases of a debriefing (e.g. "what color did you feel in the beginning, what color do you feel for the team now, and what color do you feel for the future with this group?") or just one portion.
6. **Personification:** Ask the group to circle up. Spread out a collection of props inside the circle. Each prop should be somewhat different from all the others; the more eclectic the better. Ask the group to look at the props and think about how

they felt during the activity. Challenge the group to find a prop that they can use to "personify" something positive about the activity being debriefed (e.g. "picked this chicken because it's funny and I thought it was important to have fun"). Give the group some time to think, and then when everyone has decided ask the participants to pick up the prop they chose. If two or more people want the same prop, ask them to sit next to each other and share; it's not a race! Once everyone has settled with their prop, ask the participants to explain to the group why they chose theirs. This activity works particularly well when the props are taken directly from the activity being debriefed

7. **Headliners/Video Highlight Reel:** Ask the group to reflect on the activity being debriefed, and ask them to imagine they're making a newspaper. Ask them what the "headlines" would be, as in the highlights or best moments of the activity. What would be in the "comics," or the funniest parts? What would be "cut in editing," and should be left behind as something the team doesn't need? Continue with questions and newspaper metaphors as necessary. Participants can journal their ideas, or make an actual written "Front Page" as a tangible reminder of their experience. Similarly, for the Video Highlight Reel, ask the group to "rewind" to their favorite part of the activity, "slow" the parts that need more attention, and "fast forward" or "edit" the parts that can be left out. Groups can reenact their "Highlight Reel" for other groups as a wrap-up or evening activity.
8. **Weather Report:** Ask the group to reflect on their feelings, and to try and think of "weather" that matches their mood throughout the experience being debriefed (e.g. "at first it was cloudy because I didn't know what to do, but then the sun came out when we succeeded"). As each participant to be a News Anchor and deliver their "weather report" for the group
9. **Color Cards:** Provide youth with colored paper/chips. Ask youth to choose one color that represents their role in the group. Have youth share why they chose a particular color and what it represents about their role. Taking it further: Have youth identify the person sitting to their left or right and choose a color that represents their neighbor's role.
10. **Burger Time/Sandwich Debrief:** In this debrief, the group is challenged to think of "sandwiched" feedback, identifying two positive and one preventative pieces of feedback for their team. In the Burger Time metaphor, ask the group to identify "two slices of the bun" which are things that the team is doing well and is "ready to eat." Then, think of "the burger," which is a part of the team that needs a little bit of work and has to be "cooked before it's ready." Ask the group to share their "burgers" with the team. Add "condiments" as accolades at the end, and have a picnic.