



Sample 4-H Reflection Activities

Reflection is an essential element of the Experiential Learning Process. The following activities can be used to help 4-Hers look back on and learn from their experiences.

BALL TOSS

Toss the ball gently around the circle (in no particular order). Explain, "When you're holding the ball, tell us something that you learned about your experience." Make sure everyone has a chance to speak. For fun, you could limit the number of words they can use, require them to answer in two sentences, etc. After everyone has had a turn, go through the activity again, asking each person to answer the question, "What will you do that is related to this experience in the next month?"

WEATHER REPORT

As the group works on the project, stop the action and have everyone stand up and form a circle. Ask participants to relate how they feel right at the moment, using only weather words; sunny, stormy, partly cloudy, etc. Let people show their reactions, one at a time, and then have participants explain their reactions. This activity should only last a few minutes. Then, return to the project.

MAGIC WAND

Divide into groups of three or four. Explain, "Your team found a magic wand that will allow you to change three things about your project. You can change anything, large or small. What would you change?" Allow the groups several minutes to come up with the three items. Then ask each group to share their ideas. How hard was it to decide on only three things? Were there similar things mentioned in any of the groups? Is there still an opportunity to change these things?

PLAY DOUGH

Divide the group into pairs to discuss the service; what they liked and learned from the experience. Who was the most interesting person they met and what made them interesting? What was their biggest challenge? What was meaningful about the experience? After they have discussed the experience, have them pick one person, moment or event and shape it out of play dough. Then ask them to talk about their object.

PICTURE TAKING

Throughout the project, have the 4-Hers take pictures of what they are doing and the people whom they are working with. During the reflection time, write captions for the pictures. Use the exercise to lead the group through the service to see what they did, what they felt, and what they learned. How do they think they have changed because of their experiences?

SPINNING WEBS

Ask the group to stand in a circle. The leader needs to have a large ball of yarn as she/he asks a reflection question such as “What talent did I contribute to the project?” After the first person answers, she/he holds onto the string and tosses the ball to someone across the circle. The process repeats until each person has answered the question and the ball of string returns to the first person. Everyone should be holding onto the string and a web should be visible in the circle’s center. While looking at the web, discuss the value of unique perspective in teamwork, group input, talents, etc. How would the structure be different if just one person were missing from the group? What if one person had let go his/her part of the string (responsibility)?