



Looking back with care

The skill of reflection · name: _____ · date: _____



Days can pass quickly, leaving little time to notice what changed, helped or needs attention. Reflection creates a deliberate look back. It is different from rumination, because we do not replay every detail. We look for understanding, a choice or a question that can travel with us.

What we are practising

By the end of this lesson, you can look back on one ordinary experience, ask a useful question and identify something they may carry forward.

During the activity

Moment, question, takeaway: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

How could someone apply the three moves of reflection, pausing on a moment, asking a curious question, and naming a take-away, to an ordinary experience such as a message or a small mix-up?

Exit ticket · Looking back with care

According to the lesson, how is reflection different from rumination?

- a) Reflection looks for understanding, a choice or a question to carry forward
- b) Reflection means replaying every detail until it feels better
- c) Reflection and rumination are two names for the same thing
- d) Reflection only happens after something has gone badly

I can take an ordinary experience and turn it into a single useful insight by pausing on it, asking a curious question, and naming what was learned.

☐ more than before ☐ about the same

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