

## REFLECTION WORKSHOP I: INTRODUCTION TO REFLECTION

Materials:

Flip charts, markers, easel

Handouts:

A Model for Reflection (p254)

Leading the Reflection (p253)

Using Games and Skill Events(p255)

Game Plan (p256)

Play a Game

Lead Reflection on the Game

"What was the purpose of this game?"

End with:

"Played a game. What was different about what we did afterwards?"

Look For: ***"We talked about it"***

Identify process as *Reflection*

***"Why do we reflect?"***

Understanding

Learning

***"What was the first question when we finished the game?"***

("What was the purpose of this game?")

**Game with a purpose**

***"Does it have to be a game?"***

If we play game and talk about it

- We learn from our experience
- We gain better understanding of what we learn

### Model for Reflection

Not haphazard

Four organized steps

1. Discuss what happened
2. Make a judgment
3. Generalize the experience
4. Set Goals

#### 1. Discuss what happened

Open-ended questions towards specific incidents

"Who took the lead?"

"What did he do to make him a leader?"

"How did decisions get made?"

#### 2. Make a Judgment

Was what happened good or bad

## LEADING THE REFLECTION

### 3 Step process

1. Lay the ground rules
2. Facilitate discussion
3. Ask thought provoking questions.

“What was good about the way decisions were made?”

“What didn’t work so well in making decisions this way?”

- Focus on good things first
- Direct attention to specific skills

### 3. Generalize the Experience

Try to get group to see connection between game and other troop activity

“How could we use the ideas we learned today in our troop?”

### 4. Set Goals

Try to get members to set goals based on what they have learned.

“What skills did you use today that you’d like to keep using?”

### Lay the Ground Rules

- Sit so we can see each other
- Do not interrupt
- Do not make fun
- No stupid answers
- May remain silent

### Facilitate Discussion

- Facilitate=“make easy”
- Avoid temptation to talk about your experience
- Reserve judgment on what is said
- Encourage the participants
- Be positive—Have fun with this

## Ask thought provoking questions

### Open-ended questions

- avoid yes/no answers

*"Why are open-ended questions important and what do they do for the participant?"*

- must use their own ideas not what the leader thinks

### Feeling questions

- scouts take responsibility for their own behavior and learning

- requires scouts to assess how they feel about what they did

*"Why are feeling questions important and what do they do for the participant?"*

- help talk about feelings and be honest with one another
- people who can talk about feelings are usually more sensitive to the needs of others
- feeling is part of thinking. If you understand your feelings you can think better

## Judgment questions

- has scouts make decisions about things

*"Why are judgment questions important?"*

- help scouts decide what is good or bad

## Guiding questions

- steers towards purpose of game

- keeps discussion focused

*"Why are guiding questions?"*

- direct discussion to a specific issue

## Closing questions

- helps scouts draw conclusions

- helps end the discussion

*"Why are closing questions important?"*

- help set goals and make decisions

### **Your Leadership Style!**

- helps participants figure things out themselves rather than just telling them
- guides more than directs
- more concerned with individual than the task

### **Important points about Reflection**

- Takes 10-15 minutes
- The more you do it, the easier it becomes
- Purpose of game is more significant than game itself
- Value & values of Scouting often lie beneath the surface
- Reflection helps these values come through

## **APPLICATION**

### **Play a Game (by Troops/Groups)**

Group will play and reflect upon it themselves

### **Set up reflection, and then get out of the way**

- SPL leads reflection
- SM/ASM observe carefully

### **Reflect on Reflection**

- *Remember all rules still in effect*

*How do you fee running reflection yourself?*

*What did you learn?*

*How can we use what we learn in our work as staff?*

*How can we use this process with the participants?*

### **Refer to Game Plan (p256)**

Review the information required to prepare for leadership games

**Leading games**-What do leaders need to know before they play these games?

- Needed Equipment and facilities
- The rules
- How to play safely
- What issues are raised
- Questions to be asked in reflection

**Using initiative games**-What makes them unique?

- Focus on problem solving and challenges
- Fun
- Specific goal or purpose
- Must be talked about for max effectiveness

**Final thoughts**

- KISMIF
- Reflection is Scouting, not psychotherapy
- Reflection adds dimension to understanding
- Reflection builds on learning-Helps each of us grow in knowledge, skills 7 attitude

**Scouting is a game with a purpose**  
– Baden-Powell