

Engaging Youth: Reflection Activities

Where Am I?

This is a good activity to help you gauge how young people feel about the contents, issues, and process of the group. Create three signs: Comfortable – Feeling stretched – Uncertain. Post them on the wall in different areas of the room.

Give young people reflection statements such as “How do you rate your ability to use the new skill you just learned?” Ask young people to take a minute to think about it and walk to the sign that best reflects their experience. Have them talk to the other youth who rate their experiences similarly. Feeling stretched is good place to be in. That is where learning is occurring.

One on One

Young people can interview each other about a group experience or a project completed. It is best to start this activity by brainstorming questions to ask. Put young people into teams and have them interview each other. After a few minutes they can report back to the larger group about their findings. To make it more interesting, they can use cell phones to record the interview.

Scale 1 to 10

This is a quick way to reflect on an activity or group session. Form a circle and ask each youth to reflect on the activity or session, rating it on a scale from 1 (boring/did not do anything for me/poor) to 10 (exciting/learned a lot/outstanding). Ask them to share what would make it better as well.

Modes of Transportation

Draw different modes of transportation on a sheet of paper or use an appropriate picture: UFO, train, bus, car, bicycle, skateboard (one form of transportation per paper). Post drawings or pictures around the room. Ask young people to look at those forms of transportation and think about which one best represents how they felt about the recent session, group work, workshop, field trip, etc. Have them choose one and stand next to the picture. Ask them to explain why they picked this one.