

# Reflection Directions Activity

Reflection is the key to service learning. Many times, we rely on group discussion as the only type of reflection. However, you can facilitate reflection with groups using a wide variety of activities to appeal to peoples' skills and interests. Outlined below are ten ideas for group reflection. Working with your small group, choose one of the activities and reflect on today's session.

## Activity 1

As a group, discuss today's session. Reflect on what you learned and how it will apply to your national service program. Share at least one action step that you will take as a result of what you've learned today.

## Activity 2

Draw a cartoon about today's session. Illustrate what you learned, new ideas you discovered, and/or practices you will adopt.

## Activity 3

Write a poem about today's session. Through the poem, reflect on things you learned and how you will utilize the information in your national service program.

## Activity 4

Create and perform a dance that illustrates your experiences with volunteer management. Include how today's session has enhanced your knowledge and/or taught you new ideas to try with your national service program.

## Activity 5

Create and sing a song or jingle about today's session. What did you learn, what new ideas did you discover, and how will this workshop affect the way you work with volunteers?

## Activity 6

Think of one word that describes today's session. Write it in large capital letters going down the left side of the page. Pass the paper to the person on your left and have that person write a sentence beginning with the first letter of your word. The sentence should be a reflection on the workshop, including things learned or next steps. Continue passing the paper until every letter has a sentence.

## Activity 7

Think about an answer to this question: "What will you do as a result of things learned in today's session?" Then act out your answer while the other group members try to guess what you're trying to convey. Continue until each person has had a chance to act. Debrief by asking questions to clarify or expand thoughts, feelings, and insights.

## Activity 8

Create bookmarks with pictures, written reflections, or quotes about today's session. Illustrate what you learned and/or action steps you will take.

## Activity 9

Create a group banner that depicts today's session using a combination of words and pictures. The banner should convey what you learned and how you will adapt it to your work with national service.

## Activity 10

Choose one or more of the service quotes below. As a group, discuss the meaning of the quote and how it applies to both your work and today's session.

- "A different world cannot be built by indifferent people." ~ Horace Mann
- "One of the oldest human needs is having someone wonder where you are when you don't come home at night." ~ Margaret Mead
- "Unless you choose to do great things, it makes no difference how much you are rewarded or how much power you have." ~ Oprah Winfrey
- "If you don't like the way the world is, you change it. You have an obligation to change it. You just do it one step at a time." ~ Marian Wright Edelman
- "Each of us guards a gate of change that can only be unlocked from the inside. We cannot open the gate of another, either by argument or by emotional appeal." ~ Marilyn Ferguson
- "We can only serve that which we are profoundly connected to." ~ Sam Daly-Harris
- "We are a landscape of all we have seen." ~ Isamu Noguchi
- "Those of us who attempt to do things for others or for the world without deepening our own sense of self-understanding, freedom, integrity, and capacity to love, will not have anything to give others." ~ Robert Greenleaf
- "The horizon leans forward, offering you space to place new steps of change." ~ Maya Angelou (from "On the Pulse of Morning")
- "We don't see things as they are; we see things as we are." ~ Cicero
- "This is a time for bold measures. This is the country, and you are the generation." ~ Bono
- "This world demands the qualities of youth: not a time of life but a state of mind, a temper of the will, a quality of imagination, a predominance of courage over timidity, of the appetite for adventure over the love of ease." ~ Robert Kennedy