

A useful resource for reflective questioning can be found here. It is for arts and health work but can easily be used in community settings. Go on – ask yourself a question!

www.westmidlandsartshealthandwellbeing.org.uk/newbereflective/

Choosing an effective reflection tool

This worksheet describes some tools for reflection and questions to help you decide which one to use.

Top tips

Don't just describe – explore and explain what happened.

Be honest – it's ok to admit to making mistakes and this can help show what you have learned.

Be selective – you don't have to write about everything that happened, just key events or ideas.

Look to the future – reflect on what happened in the past and how it will have an impact on future ideas or activities.

Think about...

... how to structure your writing when you write reflectively using the three Ws:

What? (description)

What happened?
Who was involved?

So what? (interpretation)

What is most important/interesting/relevant/useful aspect?
How can it be explained?
How is it similar to/different from others?

What next? (outcome)

What have I learned?
How can it be applied in the future?

Common tools for reflection are:

Written forms like a diary, notebook or learning journal.

Lists, tables, diagrams, and mind maps.

Photo journals, written stories, songs, poetry, sketches, paintings or other artistic work.

Voice, music or video recordings.

There are some tools that work well for group reflection:

Verbal reflection, including guided focus groups or informal discussions.

Arts activities that are created or shared by a group, for example a reflective exhibition or piece of drama.

Choose the right tools by considering:

Who do you want to include in the reflection?

How do you want to involve them?

What is their learning style?

Which reflection tools best capture the outputs of the project?

Which reflection tools will help me look at things from a different angle?

Which reflection tools will best explain what has happened?

What is the learning that will be gained?