Aim or Objective: To use guided questions for individually and thoughtfully reflecting on an experience.

About the tool/activity: A graphic method for guiding the reflective process around three questions:

- What squares with my thinking?
- What is still going around in my head? and
- What are three points to remember? Or What do I want to change? (with triangle serving as the delta sign).

Prior to the Session:

- Design the form using the three shapes and print
- Design the slide and insert where needed

Time: 10-13 minutes

Instructions:

- Hand out the forms and request that the reflection time be individual and written.

Variants and/or Additional Ideas:

- Design the form so the there is space for multiple bullets under each shape; the square, the circle, and the triangle.
- Modify the form to insert some space for a “call to action” for one or two of the statements. This adds a “so what” component.
- Use frequently during one session.
- Have the members share their reflections in small groups.
- Have a follow-on discussion related to response to one of the shapes.

Materials Needed:

- Formatted handouts

Caveats:

- Like all reflection activities, they take time and process facilitation is critical for successful transfer from reflection to further thinking and/or action.

Credits:

SREB Workshop

Useful References:

http://www.liberty.k12.ga.us/jwalts/DI/Ticket2.pdf
http://www.govwentworth.k12.nh.us/
Reflection – What Squares

What squares with my thinking?

What is still rolling around in my head?

What do I want to change?