



Northwest Safari



## Fireside Friday Reflection Question

### Why reflection is important:

When you reflect, you learn the most. Reflection opens an opportunity to hear others and even relate to them. It also allows for a peaceful moment or to establish a memory to look back on. A lot of growth happens when you reflect. It is also a time that shows others or even yourself what is important to you.

### How to reflect:

Reflection can look several different ways. Talking to another person or many people. You can journal, draw a picture, just take some quiet time, and think about your day or the question posed.

### Activity

Use our five senses to draw or talk about what we are experiencing and seeing outdoors.

- Go outside and find a place to sit comfortably. Have a friend or family member join you.



- Bring along something to draw with, and something to cover your eyes (bandana, eye mask, etc.).
- Take some quiet time to draw what you see, hear, smell, and feel. Do this separately and compare pictures when you are done.

### A few things to know when reflecting with others:

1. Listening without interruption.
2. Non-verbal actions that show you agree or relate to what others are saying (snapping, head nods).
3. Share what you want, and know its ok to not share.
4. It is ok to show emotion.
5. Pick a time of day when folks are calmer or getting settled for the night.
6. Your topic of reflection should be specific and focused.
7. Stay on topic.
8. It's ok to not share out sometimes. Being there is still participating. Challenge yourself from time to time.

### Questions

- What was one thing that challenged you this week? Why?
- Tell us about your favorite thing about living in the Pacific Northwest.
- What is one thing you will teach someone else about that you learned this week?