



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.



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.

Activities on next page...



Dino-mite



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Activities

Dino Egg:

This activity suits a large household or larger group.

- Give each person a piece of paper and writing utensil. (Do not write your name on the paper.)
- Provide a topic to write about.
- Some examples:
 - Reflection question about their day.
 - Compliment another person in the group.
 - Share one thing you learned this week.
- Then have each person crumple of their paper into a “dino egg”.
- Toss the eggs into the middle of the room or space and have everyone pick an egg.
- Take turns sharing out what the egg says.

Glow and Grow:

This activity suits a small household or smaller group

Glow: Name one thing you are proud of from your week.

Grow: Name one thing you would like to improve on, or a goal you would like to accomplish.



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Questions? Contact us at jcarter@girlscoutsww.org or 1(800) 541-9852