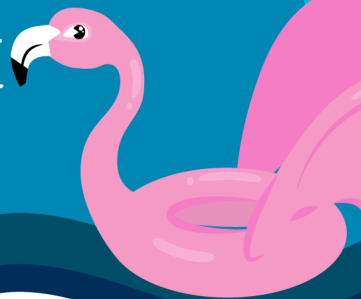




*Splish-Splash*



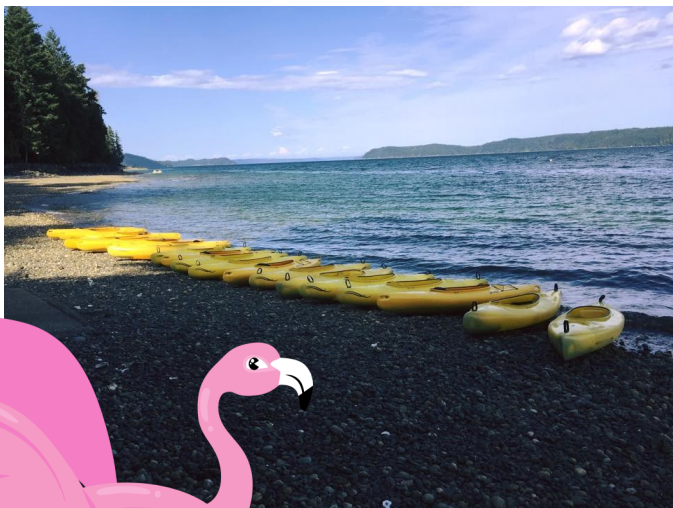
## Fireside Friday Reflection Question

### 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.

### Questions

- What is an action you are taking to protect our oceans? How can you role model that to pass along to others?
- If you could sail to any country or place, where would you go? How long would it take to get there?