



# Reflection

A game to help you reflect on your visit in a playful way.

# Guide bubble

**Why** To reflect on each visit

**Where** At home

**When** After each visit

**Time** 5-15 mins



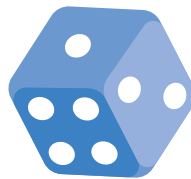
This activity is to celebrate what went well during your visit! Maybe you overcame your worries, listened carefully, or practised staying still when needed. Feel proud of yourself!

Was there anything you also found difficult during your visit? Talk with your adult about what you might like to change for next time.

## Two ways to play:

### Option 1:

Simply choose which star reflection questions you would like to answer.



A die  
(optional)

### Option 2:

Choose a colour and roll the die to pick which star reflection question to answer! For example, if you choose orange and roll a 3, you must answer question number 3 from the orange stars. Then, let your adult have a go!



What went well?



Who was kind to you and what did they do that was kind?



Did anything, or anyone, make you smile?



Did you do anything you thought you couldn't do?



If you had to thank someone, who would it be and why?



How brave did you feel?  
1 = Not brave at all  
10 = Very brave



How worried did you feel?  
1 = Not worried at all  
10 = Very worried



What was the most difficult part of the visit?



Is there a soothing activity you would like to use next time?



Would you like anyone to do anything differently next time?



Does anything on your visit planner need to change for next time?



Did anything about your visit surprise you?

Try this activity on the day you get home from your visit. Or the day after, so it's fresh in your mind! Find a quiet place where you won't be disturbed.

