

Reflection Form



Name

Date

Wear the crown

What Happened?

Who has it affected?

What would you do differently?

ADDNEW QS

Reflection Form



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Date

Wear the crown

- Imagine for a minute that you were a very wise guru and that you could give advice to someone like you. What advice would you give them?
- I wonder how X feels after you said Y to him/her?
- If X was here now what do you think s/he would say about what you did?
- What might have been a better choice for you to have made at that time?
- Imagine you are watching a video/DVD of what happened... at which point would you pause it and do something different?
- In what other ways could you have responded to X?
- If the same situation arises during the coming weeks, what do you think you will do? Will you do X or will you do Y?
- Earlier you talked about the fact that you'd done X and I'm wondering how are you feeling about the fact that you did X now?
- If a miracle happened and the problem was solved what would you be doing differently?
- If you waved a magic wand what would be different?
- What do you think your life would be like if you didn't get angry?
- How would you know that you had resolved this problem?
- How would you like things to be?
- On a scale of 1-10, 1 being X and 10 being Y, where would you place yourself?

Article 12: Every child has the right to express their views and to have adults listen to them.