Social-Emotional Intelligence Project
Reflection (activity)

Our Teachers: We have adapted this activity from the worksheet that Kate Olson and Margo Herman created for students and teachers.  

Time: 10–20 minutes

What it’s good for: This activity allows people to become more aware of themselves individually and in relationship to a group.

How it works: If you have a projector, project the following questions in a room. You can also create a digital file for people to fill out or handout a piece of paper with these questions on it. The facilitator guides the group through the activity, saying:

This is a confidential activity and will not be shared with your peers. I am asking you to do this because reflection activities like these can foster self awareness about your capacity to be aware of yourself as you work alone and with others. Social-emotional intelligence refers to any person’s ability to be aware of the connection between their feelings, thoughts, and actions.

Ways of Feeling
This is how I felt about my work:

I was aware of my emotions as I was working. In what ways?

Were you surprised at any moment? Describe this.

Were you frustrated at any moment? Describe this.

Were you excited at any moment? Describe this.

Ways of Relating
I would describe the power dynamics in my group in the following ways:

I contributed to these dynamics in the following ways:

We made group agreements and upheld them (see the activity from the First Day of Class). In what ways?

Ways of Doing
I managed my time well. In what ways?

I asked questions when I needed help. In what ways?

I asked for help when I needed it. In what ways?

I accomplished my goals. In what ways?

