

Reflections

Questions to help reflect on the exercises Dance & Drama. To be used in group sessions.

What, exercise did you do	
What, in this exercise, was new for you?	
What skills did you need for that?	
How did you go about doing that?	
In what way did you leave your comfort zone?	
What was it like for you?	
What would have made this experience perfect?	
Can you name a thing that came close to perfection?	
What is a new thing you've learn about yourself?	
What new skills have you developed?	