



Writing Reflections on miMove

Your experience matters, not perfect writing

When you reflect, there's no right or wrong answer.

What matters is **how the activity made you feel and why**. These prompts are to help you think a bit deeper and write more meaningful reflections about the activities you do, to go beyond using phrases such as 'It was fun or it was horrible.'

Things to think about

Just choose one or two questions that help.

- **How did you feel before you started?**
(excited, nervous, tired, unsure, confident...)
- **How did you feel during or after the activity?**
(energised, calmer, frustrated, relaxed, proud...)
- **What was the best or worst part of the activity?**
What made it feel that way?
- **Was the activity too challenging, too easy or just right?**
- **How did you feel about the people around you?**
Annoyed, impatient, supportive, more connected with others?
- **Did anything surprise you?**
About yourself, the activity, or others?
- **Did you improve on something, learn something new, or try something different?**
- **Would you like to do this again? Why or why not?**



Sentence starters you can use:

- *Before I started, I felt...*
- *The part I found hardest was...*
- *I felt more confident when...*
- *I surprised myself when ...*
- *The activity helped me realise...*
- *I was proud of myself/ my friend for...*
- *I didn't enjoy this as much as I expected because...*
- *I think I have improved in ...*
- *I found this challenging but...*
- *I would do this again because...*
- *I have learnt ...*
- *I supported others/ my friends by ...*
- *I made a difference today by...*
- *It helped me understand the importance of ...*
- *This has made me want to try...*



Explaining what you mean in your Reflections

Examples:

It was fun.

It was fun because I felt more relaxed than I expected. I liked doing this with my friends and by the end, I felt more confident and excited to do it again.

It was horrible.

I didn't enjoy it at first because I found the activity difficult but with support/ more practice I improved and I felt good about myself.

Remember:

- **Reflections don't have to be long** - one or two honest sentences are all you need.
- Your reflections are mainly for you to help you learn more about yourself.