

Week 7-Reflection

This week we are reflecting about what we have done so far.

Remember back at the beginning - how did you feel?

- Were you nervous because you didn't know who you were going to meet?
- Were you worried that your art wasn't going to be as good as everyone else?
- Were you none of those things and you felt excited to do something new?

Have a think about how you felt and how that is different to now.

Have there been any of the projects so far that you have really enjoyed and why?

Where do you come on the confidence scale?



0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

Talk: - Why is reflecting important?

WHY DO YOU THINK SELF-REFLECTION IS IMPORTANT?

Self- reflection helps us to develop. Thinking about how we have improved builds our confidence. Reflecting on how we can do things better improves our existing skills. Thinking about how we portray ourselves is important and keeps us safe, especially in such a fast paced, technology driven world. Thinking about what we will do next keeps us making personal goals and moving through a life in a way we want to.