






## Reflecting the day



## Check off what fits!



	Today:			
1	I was a little scared about the new environment (i.g. to speak English/ how the others would perceive me...)			
2	I dared to approach others, to speak in English and to get to know new people.			
3	I was motivated to participate in the games and actions.			
4	I am content about how I acted in the group – the choices I made.			

I felt: \_\_\_\_\_

(relaxed, excited, happy, light, joyful, content, sad, angry, scared,...)

because my desire for \_\_\_\_\_

(fun, contact, adventure, community, sense, movement, joy, learning, harmony...)

**O was fulfilled**

**O was not fulfilled**

I would also like to say: \_\_\_\_\_

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