



ROCK, LEAF, STICK REFLECTION

A hands-on way to reflect on personal feelings and goals.

OBJECTIVES

- Students will reflect on, and share about, their lives or experiences.

MATERIALS

Students will need:

- If possible, ask students to gather a **rock, stick, and leaf** from their yard or local park before you gather.

Teacher will need:

- Rock, stick, leaf to show the group (*if students cannot gather their own*)
- Online learning platform such as Zoom
(Zoom instructions in orange)
- PowerPoint PDF download

TIME

20 min

LESSON INTRO

This activity is a structured share-out that is meant for students to reflect on personal feelings and/or goals such as a students' week, a recent event, mental-health, a virtual session together, a task, etc..

It can be run as a beginning check in or an end of session reflection.

LESSON STEP BY STEP

1. Begin by welcoming students to this portion of the learning session! If you have already, or if you can now, ask students to spend a few quick minutes gathering a small rock, stick, and leaf.
2. If you can display a name chart, or some other way to organize sharing out, **screen share that now**.
3. Share with students what you'd like them to reflect on (session, mental-health, recent task).
4. **Display the reflection prompts from the PDF download (using a screen share feature).**
Rock: Something I rocked at, or am proud of..
Stick: Something I want to stick to, or keep doing, is..
Leaf: Something I want to "leaf" behind (attitude, belief, fear, etc.) is..
5. As students share; have them show their item or show yours! Allow time for everyone to share.

VARIATIONS

1. If it's appropriate for the space you are using, you can invite students to keep one item as a personal reminder of their idea.