



# ROCK, LEAF, STICK

*Hands-on reflection*

## OBJECTIVES

- Students will reflect on their experience and connect learnings to their classroom and community.

## MATERIALS

- Rock, Leaf, and Stick

## TIME

- 20 min



## LESSON INTRO

This activity is a structured share-out for students to reflect on an experience. If you don't have time for all three prompts, choose only one or two items!

## LESSON STEP BY STEP

1. Invite students to gather in a circle.
2. Pass the items around one by one (or all together) using the follow prompts:

**Rock:** Something I rocked at, or am proud of was...

**Leaf:** Something I want to leave behind (attitude, belief, fear, etc.) is...

**Stick:** Something I want to stick to, or keep doing, is...

3. Allow time for everyone to share.

## VARIATIONS

1. If you can utilize an outside space, begin by asking students to find their own rock, leaf, and stick. Once students are gathered back, share the prompts and continue with the reflection. If it's appropriate in the space, you can invite students to keep one item as a personal reminder of their idea.
2. If in an appropriate location, invite students to let their leaf blow away in the wind or place it in a river or stream to float away- a type of ceremonial representation of "leafing" it behind.

## REFLECTION & WRAP UP

As students share their responses, take notice of themes that are emerging within the group that you can verbally summarize once everyone has shared. Point out that everyone has a unique perspective and experience yet there was also shared, collective growth.

## NOTES

- **Educational Standards:** CASEL: Self Awareness, CASEL: Social Awareness, P21: Social and Cross Cultural Skills, P21: Leadership and Responsibility