

Activity 1.7: Reflective Circle

Duration: approximately 15 minutes

Aims:

- To bring people together at the end of a session
- To foster reflexive practice
- To enable feedback on/evaluation of a session
- To support the development of trust and dialogue among participants

Requirements:

Space to stand or sit in a circle

Activities:

1. Everyone involved in the training session (facilitators included) are invited to form a circle – sitting or standing.
2. A facilitator or participant poses a key question (or two) to the group, aimed at eliciting reflections on the session. Questions can be identified in advance or proposed in situ.
3. Taking it in turns (around the circle, or as people feel comfortable to contribute) everyone offers a brief response to the question. (It can be useful to specify the length!)
4. It can be useful to audio record responses, or for someone to take notes. If this is to be done, consent processes need to be put in place and agreed upon.

Additional Resources:

This is one of many approaches to eliciting reflections at the end of a session. Some others can be found here: [Optimistic Closing Activities to Celebrate, Reflect, and Connect to Future Learning - Experiential Tools](#).

Facilitation notes:

- Questions can be tailored to a range of aims, including ‘what worked’ in the session, how people are feeling about the training, potential directions forward, and more.
- This format can give rise to reflections of various lengths and with varying degrees of reflection. A good question will be specific enough to elicit brief, focused responses and challenging enough to get beyond the ‘surface’ of the experience. Where participants want to provide more information, this can require sensitive facilitation, potentially including providing opportunities for in-depth discussion at a later point.
- Reflective circles are a great opportunity to give participants experience at leading an activity. Consider asking individuals/pairs to lead this activity at each session.