

Reflection Journals

Objective: Students will develop critical thinking, self-awareness, and communication skills by reflecting on their experiences with the Balance It app and teamwork through a series of reflection questions.

Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- Journals or notebooks
- Pens or pencils

Reflection Questions:

1. Describe a balance activity that you particularly enjoyed while using the Balance It app. What made it enjoyable?
2. Reflect on a balance activity that you found challenging. What made it difficult, and what strategies did you use to overcome the challenge?
3. How did working with a partner or group impact your experience with the Balance It app? Were there any specific moments of successful collaboration that you would like to share?
4. In what ways did you communicate with your partner or teammates during the balance activities? How did this communication contribute to your success or challenges?
5. Identify a moment when you or your group demonstrated effective teamwork. What actions or behaviors contributed to this success?
6. Reflect on a time when your group faced a challenge or disagreement while working on a balance activity. How did you resolve the issue, and what could have been done differently?
7. How has your understanding and appreciation of balance and teamwork evolved through your experiences with the Balance It app?

8. What is one personal goal you would like to set for yourself in terms of balance, teamwork, or communication? How do you plan to achieve this goal in future balance activities?

9. In what ways do you think the skills developed through the Balance It app activities (such as teamwork, communication, balance, and coordination) can be applied to other aspects of your life?

10. How would you rate your overall experience with the Balance It app and the teamwork-focused activities? What suggestions do you have for improving the experience or making it more engaging?

Instructions for Students:

1. At the end of each Balance It app lesson or activity, take a few minutes to reflect on your experiences by responding to one or more of the reflection questions above in your journal or notebook.
2. Use complete sentences and thoughtful responses to express your thoughts, feelings, and observations.
3. Share your reflections with a partner, small group, or the entire class (as directed by your teacher) to foster meaningful discussions and deepen your understanding of the balance activities and teamwork.

Assessment: Review students' reflection journals to assess their understanding of balance, teamwork, and communication skills. Assess their ability to critically analyze their experiences and apply the concepts learned through the Balance It app to other aspects of their lives.