**Weekly Reflection**

This is a different way to think about and reflect on what you have done each week or session, so that you can record your story from early on in the programme.

**Age (if a young person):**

**Role (if a practitioner):**

**Name of school:**

**Name of programme:**

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| --- | --- | --- |
| **Date:** |  | |
| **What happened on the programme this week?**  Think about the activities you delivered or took part in. Who delivered or took part in the activities with you? When did they take place? | |  |
| **Describe how you were feeling about the programme this week**  Think about how you were feeling before, during and after any activities. Or how were you feeling at different parts of the week. Why do you think you had these feelings? | |  |
| **What, if anything, did you find went well on the programme this week?**  Describe anything that went well. What made you realise it went well? Why do you think it went well? | |  |
| **What, if anything, did you find challenging about the programme this week?**  Describe anything that you found challenging. What made you realise it was challenging? Why do you think it was? | |  |
| **Anything else you want to say?** | |  |