



Reflection Questions

Reflect on a question to refocus your energy

TIME

10 minutes



TEAM STAGE

Any Stage

MATERIALS

Paper, pens or pencils

SUMMARY

Participants spend time reflecting on a question to help focus their mind. This activity is great to create a more calming and relaxed energy before a more serious activity.

SET UP

- Distribute paper and writing utensils to all participants.

INSTRUCTIONS

- Ask a reflection question to the group. Choose from one of the following or create your own:
 - *When was the last time you laughed?*
 - *What was the last thing to make you smile?*
 - *What is one of your favorite childhood memories?*
 - *What is something that can make you cry happy tears?*
 - *What are the special moments that take your breath away?*
 - *Where is the most beautiful place you've ever been?*
 - *Who do you want to say thank you to right now? And for what?*
- Allow participants some time to write down their thoughts on the question.

VARIATIONS

- For further involvement, have participants submit their own reflection questions for the group to answer.
- This activity can also be facilitated as a silent reflective process where participants simply think about their answers rather than writing them down.

 **Medium Risk:** If this is appropriate for the group's level of comfort, have a few participants share their answers. Know that sharing out loud may be higher risk than reflecting independently for some people and for some questions.

 **Audio Sharing:** Play calming music while participants are answering the question to increase the effects of the activity.

 **Online:** To facilitate this activity virtually, have participants write or type their answers individually. As an option, they may share their answers out loud or type their answers into the chat for others to read. [\[click here for video\]](#)