|  |  |  |
| --- | --- | --- |
| Activity | What words describe the feelings I have about this activity before I start?What am I confident about?What am I concerned or confused about?How ready am I for this activity? | What words describe the feelings I have about this activity now that I finished it?What did I learn or learn better?What am I still concerned or confused about?What do I want to learn more about? |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Which face or faces describe you now?**



Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How strong is that feeling?**



**Why do you think you have that feeling or feelings?**

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |