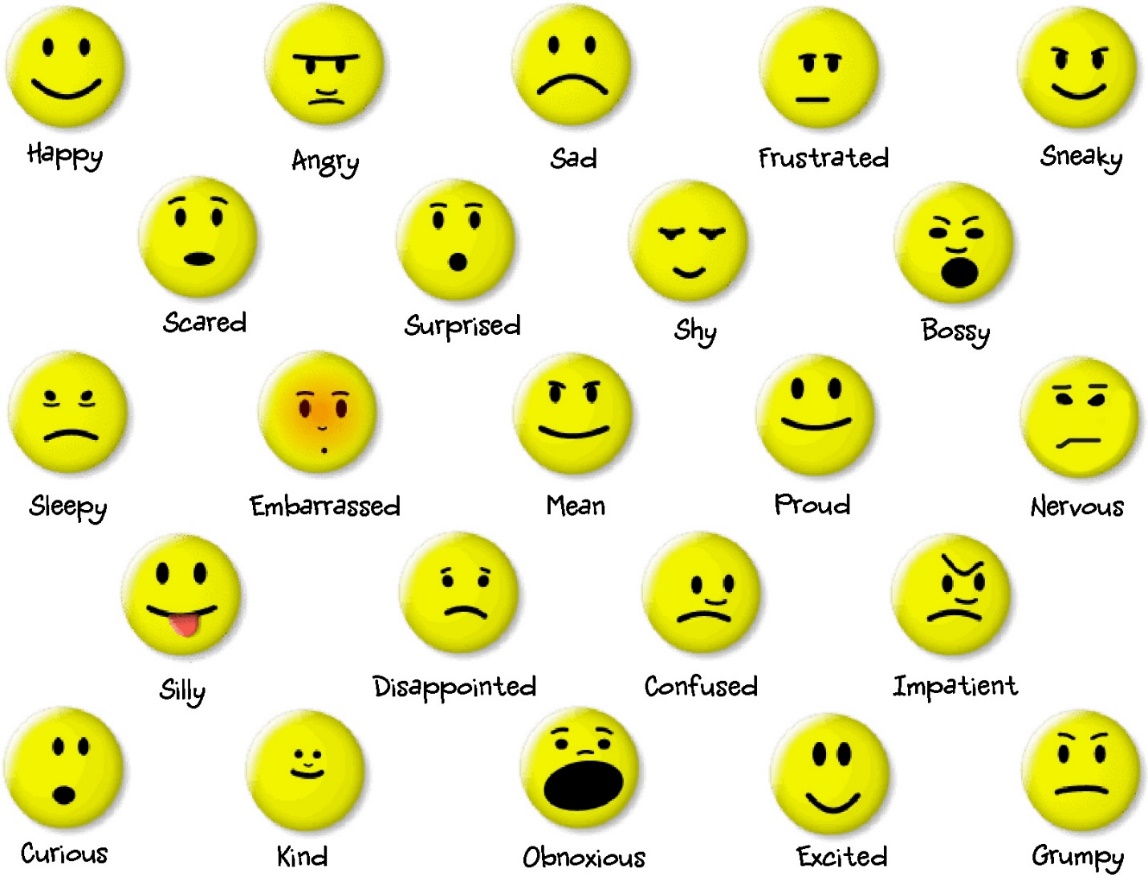
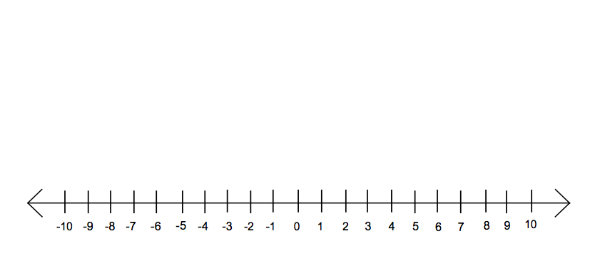
|  |  |  |
| --- | --- | --- |
| Activity | What words describe the feelings I have about this activity before I start?  What am I confident about?  What am I concerned or confused about?  How ready am I for this activity? | What words describe the feelings I have about this activity now that I finished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



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

**How strong is that feeling?**



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

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