



## Teaching Progression:



### Step 4: Reflect

#### REFLECTION QUESTION(S):

- Did our team achieve our goal? Why or why not?
- Did our team include everyone? Why or why not?
- Did I fulfill my responsibilities? Why or why not?
- Did our team experience any conflict?  
If so, how did we work through this conflict?
- What is something our team was really good at doing?
- What is something our team needs to improve?

#### VALUABLE VOCABULARY:

*reflection,  
areas of growth*

#### GUIDING QUESTIONS:

Did my team successfully complete our goal? What led to my team's success? What should my team improve for future projects?

#### NHES PERFORMANCE INDICATORS:

4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health. 4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.



#### SUGGESTED LEARNING ACTIVITY 1:

Ask students questions that will help them understand the importance of looking back on team work and reflecting on what they learned. For example ask the following questions:

- Did our team achieve our goal? Why or why not?
- Did our team include everyone? Why or why not?
- Did I fulfill my responsibilities? Why or why not?
- Did our team experience any conflict?  
If so, how did we work through this conflict?
- What is something our team was really good at doing?
- What is something our team needs to improve?

#### TEACHING NOTES:

- Model this reflection process by sharing with students a time when you collaborated on a team and the results of your efforts.
- Provide multiple opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: writing, partner discussion, whole-class discussion, and one-on-one conferencing.



**Teaching Progression: Step 4 | Reflect (Cont.)**



**SUGGESTED LEARNING ACTIVITY 2:**

When students complete a team task, have students complete a personal survey to reflect on their experience. Explain to students that this survey will provide students with questions they can ask themselves in the future after working with a team. See the table below for criteria that students can use to evaluate their teams' performance:

During team work:	Yes / No	Notes:
I can name the goal my team was working to achieve.		
I can name my personal strengths, and how those strengths support my team.		
I used my time wisely while completing the task.		
I encouraged all members of my team to participate.		
I stayed on task.		
I asked questions when I was confused.		
I used active listening strategies to hear other people's ideas.		
I worked to include all members of my team.		
I participated in consensus building to create a plan.		
I feel that my ideas were listened to and incorporated into my team's plan.		
My team completed our goal successfully.		
Name one strength of your team:		
Name one area of growth for your team:		