

Activities for workcamp participants

Reflection ball

Length: Depends on the size of the group and their participation - from 5-15 minutes

Main objective(s): Reflection in groups

Materials needed: Soft ball

Outline (step by step methodology):

1. Put participants in the circle
2. Ask them to think about the most important lesson learned from the same day or the day before. (You can use the questions we prepared. We would recommend you to choose only 2-3 each time.)
3. Throw the ball to the first participant, after answering this question, the participant throws the ball to another person etc.

Guiding questions

1. Now that it's over, what are my first thoughts about this overall workcamp?
2. What were some of the most interesting discoveries I made while working on this workcamp? About myself? About others?
3. What were some of my most challenging moments and what made them so?
4. What were some of my most powerful learning moments and what made them so?
5. What is the most important thing I learned personally?
6. What got in the way of my progress, if anything?
7. How well did I and my team communicate overall?
8. What were some things my teammates did that helped me to learn or overcome obstacles?
9. How did I help others during this process?
10. Were my goals/expectations mostly met, and how much did I deviate from them if any?
11. What did I learn were my greatest strengths? My biggest areas for improvement?
12. What would I do differently if I were to approach the same problem again?
13. What moments was I most proud of?
14. What could I do differently from a personal standpoint the next time I work with the same group or a different one?
15. What's the one thing about myself above all others I would like to work to improve?
16. How can I better support and encourage my teammates on future projects?
17. How will I use what I've learned in the future?
18. What did I see that was different or unfamiliar?
19. What do I feel about what I saw or experienced?
20. What made me uncomfortable? Why was I uncomfortable?
21. Was there anything really difficult that happened at the workcamp? If so, why?
22. Was there anything that really disturbed you? Why?
23. What questions did this experience bring up for me?
24. What did the people I encountered teach me about myself, about the world?
25. Why did you decide to do this?
26. What have I learned about myself through this experience?
27. How have you challenged yourself, your ideals, your philosophies, your concept of life or the way you live?