

# Creating an Intentional Reflective Practice

**Sheryl Third, 2022**

# Reflective Practice

Reflective practice may not be something that comes to us as a natural skill, and is not inherently comfortable for all of us. Reflective practice focuses on one's thoughts about their experiences, why things happened the way they did and how we can improve on our experiences. This session will guide you through the basics of what reflective practice is, its benefits, how to integrate it into your everyday life. We will explore reflective tools such as writing, blogging, and creating a circle of support.

# Consider

**“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” Viktor Frankl**



How do you create space or help others pause



**I cannot teach anybody anything,  
I can only make them think.**

**Socrates**

**The philosopher**

**(469–399 B.C.E.)**

Quote Retrieved from <http://www.goodreads.com/quotes/73059-i-cannot-teach-anybody-anything-i-can-only-make-them>

# A Reflective Disposition

<https://www.businessballs.com/self-awareness/reflective-practice/#self-assessment-questionnaire>



# Complete the Reflective Self-Assessment

**Complete by yourself**

**Share with your table**

**Points for reflection**

- **Is reflective practice simply another way of encouraging Others or yourself ‘to think about what you’re doing’?**
- **How do you think reflective practice is similar or different to chatting with colleagues, friends and family?**

Figure 3: What reflective practice is and is not (Grigg et al., in press)





# Characteristics of being Reflective

1. Are you optimistic?
2. Are you open?
3. Are you appreciative?
4. Are you flexible?
5. Are you purposeful

Reference: Do you have the Personality to Be an Inquiry Based Teacher? (2013)  
from <http://blogs.kqed.org/mindshift/2013/11/do-you-have-the-personality-to-be-an-inquiry-based-teacher/>



# The Language of Reflection

## Reflection

Thinking about and interpreting life experiences, beliefs or knowledge.

## Reflexivity

Thinking objectively about ourselves, our behaviour, values and assumptions.

## Critical Reflection

Broad contemplation to question and examine knowledge, beliefs and actions for change.

## Reflective Practice

Use of reflective methods for personal and professional growth.

Source: <http://www.businessballs.com/reflective-practice.htm>

# **Complete a 10 minute reflective write**

- 1. Write everything that comes to mind.**
- 2. Write what you hear.**
- 3. Do not edit**
- 4. Do not worry about spelling or grammar or having to share with others**
- 5. Ask yourself questions while writing**



# Videos



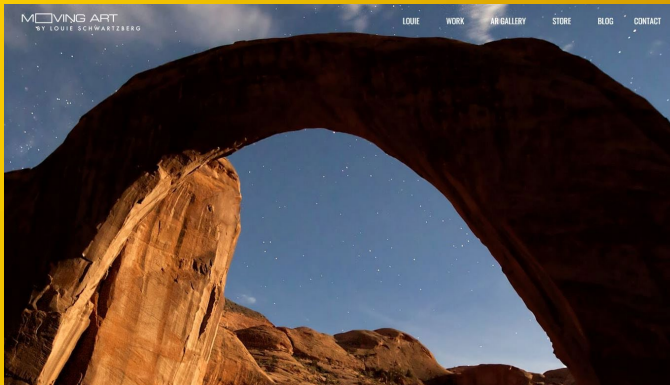
[Eat the Frog First](#)

<https://youtu.be/LCRUiC9IU0>



[Wisdom of the Wolves](#)

<https://youtu.be/U6EKK0EZm40>



<https://movingart.com/>



# 10 minute timer



# A Process for Reflection

- 1. Identify a provocation or topic to reflect on.**
- 2. Consider the provocation.**
- 3. Write for 5 minutes**
- 4. Share 10 minutes**
- 5. Write again for 5 minutes**
- 6. Group debrief**

# Consider this....

“Educators/Counsellors need more time and a structure to engage in deep collaboration. In order to achieve the results we want, the only solution we have is for brave local leaders to adjust responsibilities to allow for daily collaboration and professional development time within their scheduled day.”

Adapted from Ben Johnson Administrator, author and educator  
Retrieved from <http://www.edutopia.org/>

# Questions to Consider?

1. The thoughts that were heard but were not written?
1. How do I feel now?
1. What ideas emerged





If an system is to succeed, we'll need human beings who **know their field**, but who also radiate the kind of **positive, non-judgmental love that helps individuas open their minds and hearts.**" Thomas Markham, 2013



# Ways to Reflect



# **Final Question to Consider?**

- 1. What do we need to consider in order to cultivate a culture of reflective practice which will enable professional learning to happen day after day as we work with each other?**



# References

- Third . S (2022) Reflective Practice in the Early Years  
<https://ecampusontario.pressbooks.pub/reflectivepracticeinearlyyears/>