

Let's Reflect

Name: _____ Date: _____ Site: _____

Use the space provided in the clover below to reflect upon each of the four H's.

- **Head** (Learned): Describe what you learned in today's activity
- **Heart** (Felt): Describe how you felt while doing today's activity

- **Hands** (Practiced+Improved): Describe something you got better at doing in today's activity
- **Health** (Helped Others): Describe how you helped others in today's activity

Head
(Learned)

Heart
(Felt)

Hands
(Practiced +
Improved)

Health
(Helped Others)