

Tool: Feelings Reflection Card

Purpose:

The Feelings Reflection Card helps participants tune into their emotions as they move through a video or activity. By checking in with how they feel at different points, participants can gain a deeper understanding of their reactions and overall experience.

How It Works:

Card Layout:

The card is split into three sections:

- Beginning
- Middle
- End

Feeling Words:

Each section has a variety of feelings to choose from, such as:

- Calm, Curious, Nervous (for the beginning)
- Engaged, Conflicted, Overwhelmed (for the middle)
- Satisfied, Confused, Relieved (for the end)

Instructions:

- As participants watch the video or go through the activity, they pause at three key points (beginning, middle, end).
- At each point, they circle or highlight the feeling(s) that best describe how they're feeling in that moment.
- They can then reflect on why they felt that way and how their feelings changed throughout the experience.

After the Activity:

Once everyone finishes, there can be a group discussion or personal reflection where participants share:

- Which emotions stood out the most.
- How their feelings shifted as they progressed.
- Any personal takeaways from the exercise.

Benefits:

- Encourages mindfulness and self-reflection.
- Helps participants connect more deeply with the content.
- Provides an easy way to track feelings and create space for reflection.

This tool is a simple way to help people explore how they feel during an activity and connect more meaningfully with the experience.



Tune into your emotions!

Check in with how you're feeling at different points of the presentation and gain a deeper understanding of your reactions and overall experience.



Beginning:

Middle:

End:

40 words to use during your reflection:

- | | |
|-------------|--------------|
| Calm | Angry |
| Curious | Inspired |
| Anxious | Disappointed |
| Confused | Proud |
| Excited | Tense |
| Overwhelmed | Amused |
| Content | Empathetic |
| Frustrated | Restless |
| Grateful | Annoyed |
| Bored | Peaceful |
| Engaged | Satisfied |
| Nervous | Embarrassed |
| Surprised | Thoughtful |
| Relieved | Vulnerable |
| Conflicted | Inpatient |
| Energized | Worried |
| Hopeful | Grumpy |
| Sad | Motivated |
| Curious | Reflective |
| Joyful | Surprised |

These words span a wide range of emotional experiences, making them useful for self-reflection during different phases of an activity or video.



Additional Thoughts & Feelings:

