OREGON’S TRANSFORMATIVE AND SOCIAL EMOTIONAL LEARNING

# Intentional Close: Head, Heart, Hand

This activity encourages reflection on your thoughts, emotions and actions at the end of today’s session. It will help you process your learning and identify the next steps.

**Instructions**

1. **Prepare to reflect**

You have some Post-it notes in front of you. On the wall are three sections labeled **Head**, **Heart** and **Hand**. Each section represents a different aspect of your reflection.

1. **Complete each section**

* **Head:** What are you **thinking** as you reflect on today’s session? Consider your key takeaways, insights or thoughts on the content.
* **Heart:** What are you **feeling** at the end of today? Reflect on your emotional response—are you excited, inspired, confused, etc.?
* **Hand:** What **action** are you going to take next? Identify a concrete step to apply what you’ve learned.

1. **Reflect**

Spend a few minutes reflecting and filling out one Post-it per section. Be honest and thoughtful in your responses.

1. **Share**

After completing your reflection, post them on the wall so everyone can share their thoughts, feelings and actions with the group.

**Materials**

* Post-Its
* Writing utensils