

REFLECTION CIRCLE ACTIVITY

OBJECTIVE: To practice the skill of reflection ranging from simple to deeper reflection level type.

ACTIVITY DESCRIPTION: A group of about 10 staff gathers in a circle. One person acts as a mock WIC participant and the others each receive a card with a description of an MI reflection type (four levels total: repeating, rephrasing, paraphrasing, reflection of feeling). The mock WIC participant reads a statement (personalizing it slightly). One at a time each person in the group responds with a reflection statement and indicates the type of reflection. After everyone has had a turn to respond, the group leader asks one or more discussion questions. Following the discussion, everyone passes their cards to the person on the left. The new mock WIC participant is given a new statement card to read. The activity is repeated three times (allowing attendees an opportunity to practice each level of reflection) or repeated as much as the session time permits. The cards are collected at the end of the session (to use for the next group/session).

MATERIALS

- Three sets of MI reflection level cards
- Participant statement cards
- Writing utensil for each person
- MI Session Summary sheet

QUESTIONS FOR DISCUSSION

(Ask the mock WIC participant)

- Did the different types of reflection make you feel differently?
- Which type of reflection felt the most meaningful to you?

(Ask the group)

- Did any insights come to mind as you thought up your reflection or heard others reflection statements?
- Which type of reflection seems the most effective towards leading to change talk?

INDIVIDUAL THOUGHT QUESTIONS

- Why is it important to practice using reflection statements?
- How might you use reflections in your daily work with both WIC participants and staff?
- Which type of reflection statement do you find the most useful and why?

STEPS

1. Give instructions about the activity(3-4 minutes):
 - Please join the circle.
 - You'll each be given a card with a written reflection type description and a reflection example (read one of the reflection cards to show what you mean).
 - One person will serve as a mock WIC participant and will be given a participant card. The person with the WIC participant card will read a statement which they will personalize slightly (read one of the participant cards as an example).
 - Each person in the group will have a turn to respond to the mock WIC participant by creating a reflection statement based on the type of reflection card they received. For

example, if I received a rephrasing card the type of reflection statement I would create would be a rephrasing one.

2. Ask for a volunteer to be the first mock WIC participant. Give them a participant card.
3. Pass out a reflection card to each of the other members of the group (have the four types of reflection cards in order -repeating the order so that when the cards are rotated among the group each person will receive a different type of reflection card each time).
4. Give the mock WIC participant a minute to read/complete the participant statement and then have them say their statement out loud to the group. Have the person repeat the statement as needed in order for others to create their response reflection statement. (1-2 minutes)
5. Go around the circle and have each person respond with a reflection statement (including telling which type of reflection it was). (2-4 minutes)
6. When everyone is done sharing their reflection statement, ask one or more of the questions for discussion. (2-3 minutes)
7. After the group is done discussing the question(s), have everyone pass their card to the left.
8. Give the new mock WIC participant a new participant card.
9. Repeat steps 4. through 9. until attendees have practiced all four types of reflection or the session time runs out. (remainder of time)
10. Collect all cards at the end of the session.

Total Time: 20-25 minutes