



Your journey across the slack line.

Reflections: BEFORE, DURING, and AFTER.

Slack line BEFORE: 1) What qualities do you need in finding supports for your line? 2) What are your beliefs or fears about YOUR abilities on the line? 3) What are your beliefs about how OTHERS will do on the line? 4) What skills do you think are needed to make it across the line?

Slack line DURING - Write down accurate observations about YOU: your physical experiences, emotions, thoughts.

Slack Line AFTER: 5-What were YOUR messages to YOURSELF before during and after trying the line? 6-What skills are actually needed for you to develop competency in crossing the line? 7-What is your plan for learning these skills this term?

Write: 1-How will you continue deepening your understanding and practicing your competency skills on the concepts covered this week in class? 2-What will you read, watch, listen to or do to keep current and asking relevant questions?



Image Credit: <http://www.slackersline.com/shop/classic-orange/>.