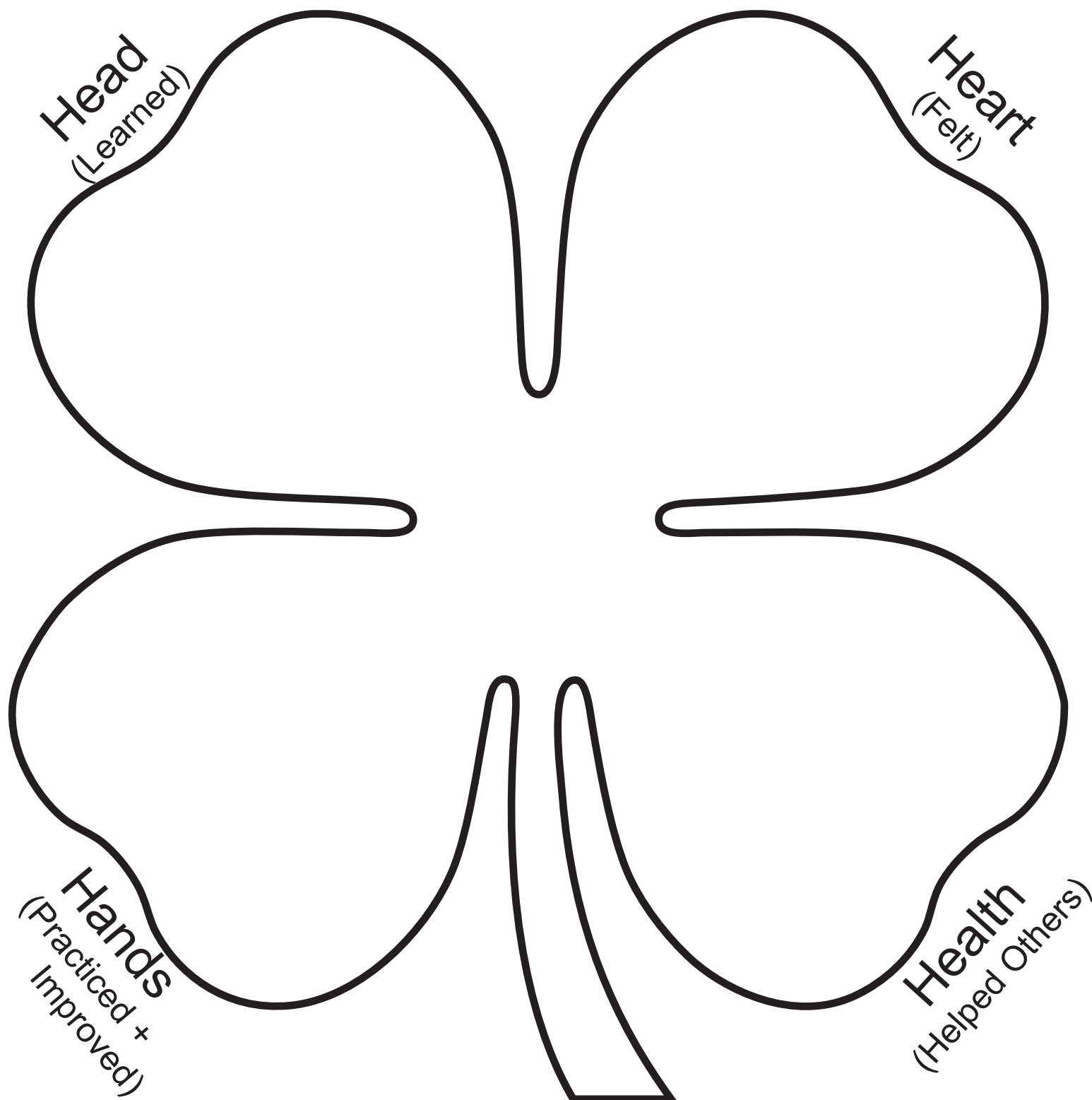


Youth Reflection

Site: _____

Name: _____ Date: _____



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.