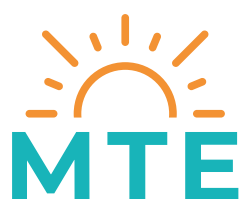


# MOTIVATE TO ENGAGE REFLECTION KIT



The **Motivate to Engage** project is a strategic partnership  
(Erasmus+ KA2 2021-1-HR01-KA210-YOU-000027439 project, 2021-2023)  
carried out by two organizations from Croatia and Hungary.



This publication reflects the views only of the author, and the Commission or AMPEU cannot be held responsible for any use which may be made of the information contained therein.

*Intellectual property rights:  
EDUnaut and BIOM*



# INSTRUCTIONS

We've shared with you the theories behind our work, the practical elements of our work, and the lessons we've learned to make your work go as smoothly as possible (the guidebook can be downloaded from [www.biomalapitvany.hu](http://www.biomalapitvany.hu) and [www.edunaut.hr](http://www.edunaut.hr)). Furthermore, we've tried to choose games that give your teens an opportunity to develop. We would like to help you further with a reflection card pack.

## What is this deck of cards for?

In addition to connecting with young people, an integral part of our work is teaching them to identify their feelings, reflect on them and incorporate these new experiences (which they acquire through your group activities?) - into their daily lives. We talked about self-regulation and introduced the Mood meter as one of the ways of helping them identify their feelings in relation to stress. With the Reflection Kit, we take a step further and explore other concepts and emotions connected to the topics covered in our guidebook, all of which are relevant for the encouragement of intrinsic motivation.

Articulating their feelings is difficult for young people because of age specificity (it is embarrassing to show feelings) and also because they don't necessarily have a supportive family or adult to learn from. These cards are intended to make it easier for the youth worker to talk about and reflect on the feelings experienced by youth. Over time, this observation and reflection of emotions can increase self-awareness and foster the innate ability to learn to control their emotions, instead of being overwhelmed and controlled by them (you can read more about this in the Stress and Self-regulation chapter of the Guidebook).

## How can you use them?

These cards can help the youth you're working with to talk and to express their feelings. You can use them in the following situations with your group:

- One way of working with the cards is that you can use them before/during/after the icebreaker activity if you choose to implement workshop (session) type activities, or during the forming stage of the group development if you follow the group process.

- You can also use the cards after an activity itself to help them identify what the experience was like for them. If you decide to use them this way, the cards can be a supplement to your debrief session.
- They can also be used when the group discussion is over and you reflect on how everyone felt during the group session, what they learnt, and what kind of experiences they had. You can use the cards as part of your closing activities in the adjourning stage of the group development, or simply as part of the closing of a workshop activity. In essence, this is the part where the group will be giving feedback - about themselves, about the other members of the group, and sometimes even about you as well. Also, during this reflection, when you give feedback to them - remind yourself of the tips on giving feedback for the YWs (you can find this in the Growth mindset chapter).
- They can also be used as material that you will incorporate into your activity, if you need a visual aid in some activity you will implement with the group (e.g. Learning zone card for the Comfort zone activity, Card with the tree that bends - for the Resilience activity, Card with the palm with 5 fingers, if you want to remind them of the Five finger group contract, etc.)

**We hope that you will find this reflection kit useful in your work. Enjoy!**

**The Motivate to Engage Team**