

Daily Reviews

Gather the participants into a circle toward the end of the day and facilitate one of the following activities:

*Pass around slips of colored paper asking each participant to choose one piece. Have the participants share their responses to the following requests depending on the color of their paper.

Red: *Best thing you experienced today*

Orange: *Something that surprised you today*

Blue: *One thing that would make things better tomorrow*

Green: *Something new you learned today*

*If a participant has an **even-numbered** birthdate have them respond to the following question: What went well for you today? If a participant has an **odd-numbered** birthdate have them respond to the following question: What could have been better for you today?

*Have the participants form a line according to how they are feeling about their progress using the following scale. Have the four options written on pieces of paper and taped to the floor. Ask a few participants to explain why they have chosen a certain location on the line.

Fantastic.....Pretty Good.....Could be Better.....Dreadful

*Have the participants say one word that begins with the letter of their first name that describes how they're feeling about the training/workshop. For example:

J for joyful

E for encouraged

S for stressed