

SEE Learning Playbook

Reflection and Sharing Questions for 1-minute Practices

Use these questions to reflect on your experience with your 1-minute practices. We also encourage you to share your responses with a partner or within a small discussion group.

1. Which 1-minute practices did you use recently, this week, or since our last meeting?
2. What were your experiences with the practices that you tried? Did you notice any changes in: your body? thoughts? or emotions?
3. Did you experience any resistance or obstacles, either internally, or due to external circumstances, to using the practices? If so, how did you handle these obstacles or challenges?
4. How might engaging in the 1-minute practices contribute to your own development of social, emotional and ethical skills?
5. In what way might these 1-minute practices be related to the development of your own enduring capabilities (defined in the SEE Learning curriculum)?
6. If you have had difficulty remembering to use these practices, what are some ways that you can help yourself to remember to use them?
7. In what ways might the regular use of these 1-minute practices help you strengthen your: awareness, compassion or engagement?
8. Feel free to comment on anything you have learned about yourself through using these practices.
9. Share your thoughts on sharing these practices with others- personal contacts or professional colleagues.