



## **Kids at Hope**

### **Online Treasure Chest Submission**

*All ideas submitted become the property of Kids at Hope. Credit will be given to the author.*

**Name of Activity/Idea:** Destination Reflection Activity

**Audience (staff, children ages/grades, parents, etc.):** Staff/older children

**Date of Submission:** June 10, 2015

**Name and organization of person(s) submitting idea:** Donald Smith, Branch Director – Red Mountain Branch, Boys & Girls Club of Scottsdale

**Objective:** to allow participants to reflection on and share experiences with the four destinations.

**Time Required:** 20 – 30 minutes, perhaps longer depending on group size and level of discussion.

**Resources/Materials:**

List of questions (shown below)

4 Charts or signs, one destination written on each one

Room to move around

**Procedure:**

1. Post a sign in each corner of room labeling it with one of the four destinations (Home & Family, Hobbies & Recreation, Education & Career, Community & Service)
2. Ask everyone to begin in the center of the room.
3. The facilitator then asks people to move to the destination that answers the question for them. For example “individually reflect and move to the destination where you have experienced the most growth/change.” The groups then have a brief conversation about why they made that choice before being asked the next question.
4. Repeat the exercise using these questions:

*I have experienced the most personal growth/changes  
Is the easiest for me to talk about/share  
Gives me the most personal happiness  
I feel most uncomfortable about  
Others would say is my strongest destination  
I have the most difficult time talking about  
I have worked the hardest in/on  
I still have a lot to do to grown in*

5. After all questions have been addressed, ask participants what they have learned/gained from this exercise and what conclusions they can draw and use in their work with youth and mental time travel.

**Variations:** Questions could be adjusted/shortened for a younger group of participants.

**Kids at Hope Connections:** Universal Truth #3, Time Travel