

Me in a Box Activity

(Adapted from *The Little Book of Reflective Practice*)

What You Need:

A Box for each student

Learning Outcomes

1. To gather five objects that you feel represents you as an individual (or as an Early Years Practitioner)
2. To communicate how these objects represent you
3. To reflect upon how each object links to your personal values
4. Identify your personal values and discuss why these values are important to you as an individual and as a practitioner

What Next?

Take some time to think first who you are as a person and then begin to find 5 items that you feel represent you as a practitioner and think how and why each item represents you.

Capture your thoughts and reflections on a mind map to add to your box. For example, one of my items would be lipstick, this is something I always wear when teaching, this item gives me both confidence and a sense of empowerment which are qualities which I feel I need to be an educator. Lipstick was an item that would have been Me In a Box when I was an NNEB (teaching assistant) and something which the young children I educated would notice daily and so for me this item will always be part of my perfectly imperfect.

Me in a Box is a creative and fun thing to create in your pre-reflection and a process you should revisit throughout your reflective journey, as you evolve, as others see different things within you, as you grow and thrive and how your path may twist and turn and your direction change, so why not stop and create your Me in a Box?

By undertaking this activity, you can begin to reflect upon your perfectly imperfect and consider which aspects of yourself are work in progress.

After you have completed this activity, please keep your box and every so often STOP and REVISIT your box.

- Would you change any objects and why?
- Would you add any other objects and why?
- Ask a peer, what would they add to your box? This is capturing others lens.

