

## REFLECTION JOURNAL

NAME: \_\_\_\_\_ Date: \_\_\_\_\_

I am in rehearsal for: \_\_\_\_\_ playing the role of: \_\_\_\_\_

1. Make up a headline/title for today's workshop: (humor is allowed)

\_\_\_\_\_

2. What we (the group) did (activity): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. How I feel about this activity: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Why I feel this way: \_\_\_\_\_

\_\_\_\_\_

5. What I learned: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. What I did that I am proudest of: (i.e. contribution made, risks taken) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. What I would do differently if I had the chance: \_\_\_\_\_

\_\_\_\_\_

8. Someone or something worth remembering from today's workshop/rehearsal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. New theatre related term/s and it's meaning (list as many as possible): \_\_\_\_\_

\_\_\_\_\_

10. Three words or phrases: (please describe today's workshop/rehearsal): a. \_\_\_\_\_

b. \_\_\_\_\_ c. \_\_\_\_\_

11. What I expect to do in the next session: \_\_\_\_\_

\_\_\_\_\_

12. In the space below or on the back of this page include other notes, thoughts, questions?: (This is a good place to draw a picture or paste an image):

13. What I plan to do to ensure the show's success: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_