

How to guide reflection and learning in NFE and ETS ?

Reflection is a key element of the education through sport approach. Therefore, it is important to ensure that this process gets sufficient time and attention.



1. Make sure all participants get together after the activity in a quite space where you can create a relaxed atmosphere to speak about their experience

2. Give participants time to recover and calm down a bit after more strenuous activities

3. Give clear guidance during the reflection process and make sure that everyone is involved and gets heard

4. Do not rush through the reflection process and give participants some time to think about the experience. However, if you are going through several rounds of reflection also do not overdo it. If you feel that participants don't have anything else to contribute you can also decide to have a shorter reflection or come back to that topic another day

How to follow-up and discuss teachable moments?

