Activity sheet

A spotlight on reflective practice

Consider questions

Complete these questions in conjunction with reading the handout “A spotlight on reflective practice”.

✔ In what ways is reflective practice similar or different to activities such as chatting with colleagues and families?

✔ Do I use reflection in my practice?

✔ What do I need to know and be able to do as a reflective practitioner?

✔ What kind of reflective practitioner am I?

✔ How do I, or can I, use reflection in my practice?