

Self Reflection



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from Noun Project

Source

F.Gordijn WUR <http://edepot.wur.nl/222693>

Description

Individually, everyone chooses four to five words that capture the essence of what was learned and what was important in the previous day's session. Then a haiku is prepared either in groups or individuals and shared. A haiku is a Japanese poem consisting of: 5 syllables in the first line 7 syllables in the second line 5 syllables in the third line.

Objectives

- Stimulate creativity
- Grasp the essence