



Reflect on your own experiences with children, families, and colleagues. If you are an supervisor, administrator, or adult educator, how might you use these questions and activities to help other adults reflect on their experiences?

Know Yourself

How does it make you feel when children's big feelings burst onto the scene?

What kinds of child behaviors typically push your buttons?

Try This

Recall 3 instances with children that really upset you.

How did you respond to the feelings these instances raised in you?

How do your reactions reflect your life experiences?

How could you have responded differently?

What did you learn about yourself through your reflections on these experiences?
