

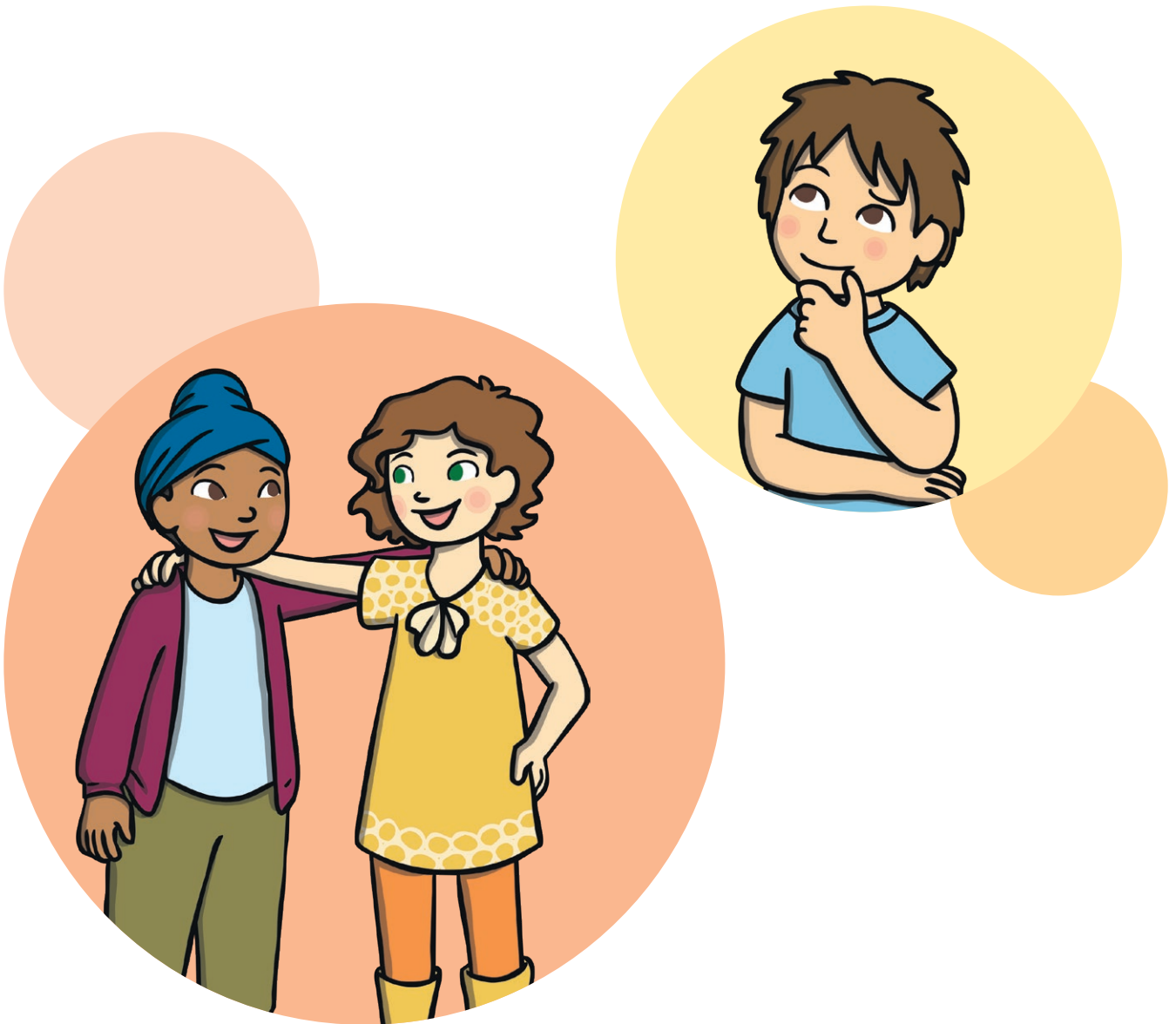
Self-Reflection Spin Wheel

The self-reflection spin wheel is designed to help young people think about their behaviour in a specific situation, the triggers for it and how they felt after the event. Helping young people think about their actions and the effect they have on other people is important for their development and their social, emotional and mental health.

The spin wheel will pose different questions to the young person to help them reflect on their own behaviour. The questions will act as prompts to start an adult-led discussion.

The self-reflection spin wheel can be used after a behavioural incident or to discuss a theoretical incident as a small group.

Encourage the young person to spin the wheel, read what is written in the section and try to answer as fully as possible. They may need an adult to help them reflect, although the more they do this activity, the easier they will find it to reflect in general.



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