

## The flow of thoughts

ARVOT JA ITSETUNTEMUS -SISÄLTÖOHJELMA

Name and class

### The experience is now behind you

This exercise is confidential and meant only for you. After you are finished fold the paper in half and return to an instructor. Written papers will be placed in a sealed envelope. You will receive your paper back from your teacher during the reflection class. The following questions will help you to reflect your experience. There are no wrong or right answers, only your own experiences and thoughts.

### Do three exercises:

#### 1: The beach

The first room was about dreams and hopes. What is your dream? Why is it important to hold on to your dreams? Write down your thoughts on the paper. Feel free to draw as well.

#### 2: The bridge

At the end of the experience there was a bridge. Under the bridge there was a map which said: "You are the treasure". Reading the map wasn't made easy. Life also isn't always easy, however, the map said: "You are the treasure". What does the sentence mean to you? Write down your thoughts.

#### 3: The underground river

In the dark mountain cavity, the story talked about pressure and decision making. Have you ever felt pressured by others? How have you operated in those situations? Who can you ask help for you if you are struggling?

#### 4: The theatre

In front of the mirror, you were able to think about your strengths? What are the things that help you to succeed in life? What are your strengths?

#### 5: The stairs

In the middle of the experience, you were faced by stairs. On every step you were asked a few questions. What makes you happy when you think about your future? Do you feel closeness to other people? Who is the most important person to you?