

# Reflection Activities

## Let's Do This, Not That

### Purpose:

Students get opportunities to switch from their typical classroom work to focus on tasks that change their perspective, cultivate creativity, and promote positive mental health.

### Preparation:

You will need:

- *Let's Do This, Not That* activity list
- Scrap paper
- Writing utensils

Each student should have at least one piece of paper and one writing utensil.

### Instructions:

1. Ask a student to pick a number between 1 and 65.
2. Each student completes the activity corresponding to the selected number (see following list) on a piece of scrap paper.
3. If time allows and/or if a short activity was selected, repeat the exercise by asking a different student to pick a number and complete the corresponding activity.

This activity is inspired by Keri Smith's *Wreck This Journal*, wherein the journal activities are designed to create a unique and individualized journal.

# Reflection Activities

## Let's Do This, Not That

### Activity List

1.	Write amazing things you've done in the last 7 days.
2.	Write the name of every person you spoke to this weekend.
3.	Write without stopping until you've filled up the whole page.
4.	Fill this page with circles.
5.	Write a list of things that make you feel strong.
6.	Write about a bad dream.
7.	Draw your favourite things.
8.	Trace your hand and draw all of the creases in your hand.
9.	Doodle here.
10.	Write and draw a picture of what you had for dinner last night.
11.	Write a note to your family telling them about your day.
12.	Write about a good dream.
13.	Whatever you want, but you have to use pens, pencils, and markers.
14.	Colour this entire page using one pencil crayon.
15.	Write one word over and over.
16.	Draw a really ugly drawing here.
17.	Fill this page with good thoughts.
18.	Start a no-limits bucket list.
19.	Draw your family.
20.	Have classmates autograph this page.
21.	Make a wish list.
22.	Fill this page with dots.
23.	Make a list of happy things.
24.	Scribble here.
25.	Draw a shape in the centre of this page. Colour outside the lines.
26.	Draw fat, thin, curvy, and wavy lines here.
27.	Make a list of what you would buy if you went grocery shopping.
28.	Write carelessly.
29.	Practice writing with your opposite hand.
30.	Create a nonstop line.
31.	Choose a classmate to write you a letter.
32.	Draw lines while walking or moving.
33.	Trace items on your desk or in your pencil cup.
34.	Fold your piece of paper in half as many times as you can.
35.	Write about a very boring event in great detail.

36.	Choose your favourite colour. Draw all the things that are this colour.
37.	Draw your favourite tree.
38.	Make a list of what you think makes a great friend. Make a list of why you think you're a good friend.
39.	Fill a page with math equations and symbols, even if you don't know what they mean.
40.	Fill this page with a list of all the things you worry about.
41.	Draw your favourite gym class activity.
42.	Write a letter to someone you admire.
43.	Close your eyes, write all of the sounds you hear right now.
44.	Write a journal entry in really LARGE letters.
45.	Draw lines with your pen or pencil. Lick your finger and smear the lines.
46.	Write a letter to yourself in the future.
47.	Make a map of everywhere you went in one day.
48.	Practice your cursive writing here.
49.	List ten things you would like to do every day.
50.	What are you thinking about right now? Write it down.
51.	Write as many four-letter words as you can.
52.	Draw your shoes in great detail.
53.	List all the things you could use a tin can for.
54.	Create an image using only dots.
55.	Create instructions for an everyday task.
56.	Write with the pen in your mouth.
57.	Draw the weather today, put yourself somewhere in this picture, and write the date.
58.	Trace the path of where you are right now to the moon.
59.	Look at an item in the classroom. Draw that item without looking at your page.
60.	Come up with a list of things we throw away. Beside each item, write a way we could reuse this item.
61.	What does your family make that is your favourite? List the ingredients and how they make it.
62.	Write five interview questions. Choose five different people to ask these questions to. Write their names and answers on this page.
63.	Draw a picture of yourself in your favourite outfit.
64.	Draw your favourite place in Alberta.
65.	Draw yourself doing your favourite activity or sport.