

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.

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.
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11.	Write a note to your family telling them about your day.
12	Write about a good dream.
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13	Whatever you want, but you have to use pens, pencils, and markers.
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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.