



RAISE PRACTICUM EXEMPLAR ACTIVITY TEMPLATE

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Affiliate Organization: Young Audiences of Louisiana
Art Discipline: Dance

Title of Activity: Glow & Grow
Exemplar Focus: Reflection Activity
RAISE Connections: ☒ Social-Emotional Learning ☐ Healing-Centered Education ☐ Culturally Responsive-Sustaining Pedagogy
RAISE Principles: ☐ Community Grounding & Routines ☒ Creative Choice & Voice ☐ Emotional & Somatic Engagement ☐ Interpersonal Belonging & Relationships ☒ Reflection & Radical Imagination
Summary: Students will name one thing that they are proud of (glow) and one thing they want to work on (grow).
Rationale: I would use this situation to reflect at the end of a class or at the end of a residency. It works for all ages and is accessible to younger students (k-3) as well.
Goals: Students will be able to be self-reflective and think deeper about what they have learned and what they want to continue to work on for the next class or after the residency has ended.
Materials and Supplies Needed: None

Outline:

I begin the activity by describing what we will do:

“We are going to end class today by going around and checking in with each one of you. I want to know what your ‘Glow’ moment from this class is: What did you love doing or what are you proud of yourself for trying? I also want to know what your ‘Grow’ moment is: What do you want to keep working on or what was challenging for you? Take a few minutes to think about it and then we will go around one at a time.”

Go around the room and ask each student what their ‘glow’ and ‘grow’ moments of the day are. If a student doesn’t feel comfortable saying it in front of the class, they can write it down instead.