

6 SIMPLE QUESTIONS FOR SELF-REFLECTION IN YOUR CHILD-FIRST COACHING PRACTICE



CHOICE

It's about facilitating space in your session so children and young people can fulfil their right to play. It's important because when children play, they learn new skills and build relationships, whilst developing their imagination and creativity.

Allow yourself the freedom to think through the below questions:

Looking back at the last session...

1. Were the participants free to make choices before, during and after the activity?

2. Did you create a few different moments during the practice where children could direct their own activity?

3. Did you discuss with the children what choices they would like to have and why?

4. How much freedom did you give the children and young people to direct their own activity on their own, with a peer, or in the group?

5. How did you feel in the moments where the children and young people were directing their own activity? What role did you play?

6. Which parts of the session would be best for you to give more space to the children to direct their own play?

On a scale of 1-10 how would you rate your ability at creating an environment for voice, choice and journey?

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Why did you rate that number, and how can you improve it by 1 at the next practice?

Did anything get in the way of your plans to support voice, choice and journey in the practice?

Looking forward to the next session...

1. How can you learn more and create individual development plans with the children and young people?

2. Are you aware of the nonlinear nature of children's learning and development? If not, where can you learn more so that you can better support them?