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|  | **Activity 1**  **Self-reflection: My personal experience of making** |

This activity invites you to connect personally with the concept of making. In our busy North American lives we tend to consume rather than make. Yet, if we take a moment to think about it, each one of us can recall a time when we actually made something tangible, and experienced the thrill, pleasure and pride as it came together.

This activity invites you to take a moment to self-reflect and write about one of those experiences. Here are some question prompts that might get those “writing juices” flowing:

* What was the process you used?
* What did you make? Why?
* What did your plan look like at the beginning of your project?   
  At the end?
* What tools did you use?
* How did you know what to do?
* How did you feel as you were creating?
* What did you learn about yourself in the process?