Self-Reflection: Environments

As you think about creating environments that support children and youth in your care develop a healthy sense of self, it is important to reflect on environments that helped you while you were growing up. Take some time to reflect on the following questions. Then, share and discuss your responses with a colleague, supervisor, trainer, or coach.

What types of spaces helped you feel safe, valued, confident, understood and successful while you were growing up?

Which of these characteristics or qualities do you want to try to recreate within your school-age setting?

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