KITCHEN REFLECTION WHEEL

REFLECTION WHEEL

MAKE AGAIN?
Do you want to make this dish again? Would you use the same recipe?

LOOK
Do you like how it looks? Are you comparing it to something else?

TASTE
Do you like how it tastes? Are you comparing it to something else?

SILLS
Did you learn the skills you needed? Did you learn anything new?

LEARNING
What did you learn from the process?

CURIOSITY
What questions did you ask? Were you curious? What did you stay present?

SENSES
How did you use your senses? Did you stay present?

CHALLENGES
What challenges did you encounter? Did you ask for help when needed?

Illustrated by: Tais Reis | www.edibleschoolyard.org