

# Debriefing

## *Fast Fundamentals*



### Overview

One of our Girl Scout traditions is to ask girls to reflect on the activities they are participating in as they learn by doing. We ask them questions about their experience like “What did you like? Was this easy or hard? Why? If we did it again what would you change?” Reflection is the necessary debrief that reinforces what the girls learned. As they explore the “what” and “why,” girls make meaningful connections between the activity at hand and future challenges that come their way. In other words, reflection gives girls the confidence boost they need to pick themselves up, try again, and succeed. Reflections are powerful elements of the Girl Scout Leadership Experience, and they will carry these lessons with them for the rest of their lives.

These questions help them process their experience and we call this activity reflection, or debriefing.

### Pearl of Wisdom

Reflection doesn't need to be a formal process, but you can kick-start the conversation with three simple questions: What?, So what?, and Now what? —or whatever style of reflection you choose to use with your girls.

### Activity 1: Bridge Build

#### Objective:

Discover how your team works together as a large group

#### Supplies:

- Building materials (*ex: Legos, toy bricks, straws, marshmallows, etc*)
- Tape
- Paper
- Pens
- Sheets
- Divider to keep teams from seeing each other

#### Description:

- Split the group into two teams.
- Explain how they each have to build half of a bridge with the materials provided. In the end, the bridges should be similar in design and connection.
- The trick is they can't see each other, so they'll have to rely on verbal communication. Remember to set the room up first and place the sheets to divide them.
- Also, provide the same number of items to each team. In terms of timing, give them 10 minutes to come up with a design, and 30 minutes for building.

**Now it's time to use the Rose and Thorn Debrief.**

#### Rose and Thorn Debrief

Go around the circle and ask the girls what their rose and thorns are for the activity that they just completed. A rose is the thing they liked the best, while the thorn is something they either did not enjoy, thought could be better or felt uncomfortable with. Once everyone has shared, you can ask for the girls to elaborate on their roses and thorn if they like.

## Activity 2: B'gawk

### Objective:

To look ridiculous, have fun and go as fast as possible.

### Description:

1. Have the group stand in a circle.
2. Each person needs to make two circles (one with each hand) with the index finger and the thumb. Hold a circle over each eye.
3. The person starting drops one hand (a quick bounce, as if the hand was tied to elastic) and says "B'gawk!!" The direction is decided by which hand is used; if the first person drops his right hand, the person to his right must then continue the action. If he drops his left hand, the person to his left continues.
4. If BOTH hands are dropped, the action continues in the same direction, but the person directly opposite is skipped over. The first person cannot use a double B'gawk, because direction has not yet been established.
5. If someone messes up (ie: B'gawks when they shouldn't, or hesitates too long), they must run around the circle flapping arms and making chicken noises until they return to their original spot, and rejoin the play.
6. The group continues to play while the chicken run around the circle – this adds to the chance of being distracted, making mistakes, and becoming a chicken. More chickens, more fun!

### Body Parts Debrief

Print cards with various body parts on them—enough for each person in your group. Mix up the cards in a basket or bowl and have each girl choose a card. Go around the circle and have each girl answer a question based on the card in her hand.

Cards can include:

- Hand: What did you feel during this activity?
- Ear: What did you hear during this activity?
- Eyes: What did you see during this activity?
- Heart: What did you love during this activity?
- Brain: What did you think during this activity?



## Activity 3: Evolution

This is a game of rock-paper-scissors. There are four levels of evolution: egg, chicken, dinosaur, and human.

### Instructions:

All the participants start as an egg. They will challenge someone at the same level to a game of rock-paper-scissors. If they win the round, they evolve up to the next level (e.g. an egg evolves to a chicken). To know what level someone is on, they will act it out!

- To be an egg, participants should be squatted down on their heels.
- To be a chicken, participants hold be hunched low with arms like chicken wings.
- To be a dinosaur, participants should be standing tall with arms overhead.
- Once a girl reaches a human she has evolved out of the game!

### Time to debrief using Highs and Lows Debrief.

### Highs and Low Debrief

This method is very simple and works with all ages. Girls state the worst of their day/meeting first and then discuss their favorite part of the day/meeting second.

Hand



Ear



Eyes



Heart



Brain



## S'more Info

The Power of Reflection: 5 Easy Ways to Debrief After an Activity!



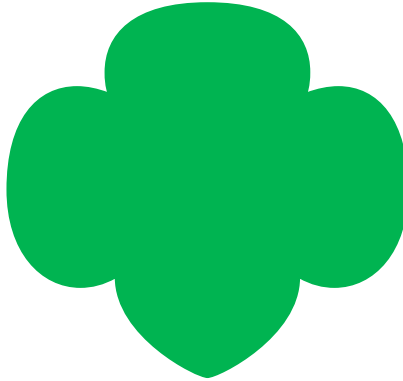
[gswoblog.org](http://gswoblog.org) > Search The Power of Reflection: 5 Easy Ways to Debrief After an Activity!



Reflection Tip Sheet



[girlscoutcsa.org](http://girlscoutcsa.org) >Volunteer> Volunteer Resources> Tip Sheets> Reflection



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