

# REFLECTING AFTER PHYSICAL ACTIVITY

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- How did I feel during the activity?
- How am I now feeling in my body?
- Did the exercise affect my mood, concentration or energy levels?
- Did this activity help me to feel connected with my body?
- Do I have aches and pains? Did this exercise help or worsen the problem?
- Did this activity influence how I feel about my body?
- What can I learn from this experience and apply to next time?