

Self-Reflection on Movement

This is a self-reflection focused on the activities you participated in during the movement unit (real/abstract movement, Viewpoints of Time - Tempo, Duration, Kinesthetic Response, Repetition). Respond to these questions in **full sentences**.

1. What was a moment of discovery for you during the activities? Why did it stand out to you?
2. What was a challenging moment during the activities? How did you overcome that challenge?
3. What was your favorite activity so far? Why was it your favorite?
4. What is one skill you want to improve in this class?