

# Henry at Home

## Reflecting

**Reflecting** is thinking back on things you notice, ideas you wonder about and paying attention to how it felt to try something new. Henry David Thoreau, an American writer and philosopher, believed reflection helped him live an authentic life. Thoreau used journaling and sketches to remember details for his writing.

### Kids

Think about something you noticed or wondered about.

- What surprised you?
- What was your favorite part?
- Did anything feel difficult or different?

You can talk, draw, or write a few words about your reflection.

There is no right answer, reflect in your own way.

### Grown-Ups

Have your child share their reflection first, then share your own thoughts.

When children hear adults reflect, they learn that thinking about thinking is part of growing.

After sharing reflections, ask questions like:

- What stayed in your mind the longest?
- Did reflecting make you see something different than I did?
- How did it feel to reflect?

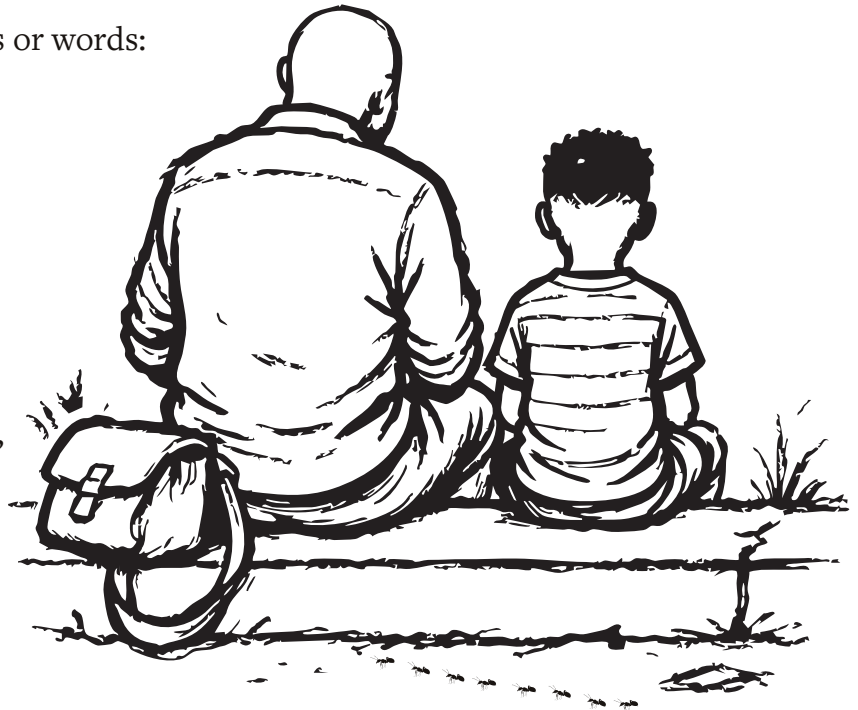
### Try Together

Choose one object. Reflect about it in sketches or words:

- What did you notice first?
- What did you notice later?
- What does this tell you?
- What does the object remind you of? Why?

### Connections

In school, reflection helps children organize their thinking, strengthen focus, and build self-awareness. When families reflect together, they reinforce these skills and deepen understanding over time. Reflection turns experience into learning.



## Try This...

Think of something you noticed or wondered about.

### For Kids

Draw or write what you remember.

### For Grown-ups

Draw or write what you remember.

### Try Together

Choose one word that describes your experience.  
Talk about why you chose that word.

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