

Reflective Compass

What Did I Notice?

During group time, one child repeatedly interrupted the story with loud noises and movement. I noticed the other children becoming distracted and unsettled.

What Did I Feel?

Initially, I felt frustrated and flustered. I was trying to maintain group focus and felt like I was failing. But then I felt curious—what was this child trying to communicate?

What Did I Question?

I'd benefit from mentoring around inclusive group facilitation. I'd also like to explore trauma-informed strategies for transitions and access visual tools that support child voice.

Date: 28-Oct-25

What Will I Change?

I questioned my assumption that group time must be quiet and structured. I also reflected on whether I had created enough opportunities for this child to feel heard earlier in the day.

What Support Do I Need?

I will introduce a visual "I need help" card for children to use during group time. I'll also build in more one-on-one connection moments before transitions.