

# TRIPTYCH REFLECTION

## MATERIALS |

paper, writing utensils,  
markers, crayons, and  
other crafting supplies

**OBJECTIVES |** The goal of this activity is for participants to reflect on where they are in their lives and think about future goals and aspirations.

## FACILITATOR INSTRUCTIONS |

Give everyone a piece of paper and ask them to fold it into thirds. The paper will be their triptych mural.

Using drawing, collage, and words invite participants to visually represent their answers to the following questions in each of the three columns:

- Column 1: What was your experience like last year?
- Column 2: How are you feeling right now in your life?
- Column 3: Where do you see yourself a year from now?

Divide participants into pairs or small groups and invite them to share their murals.

## DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What did you learn about yourself?
- What did you learn about your classmates?
- What do you need to get from where you are now to where you want to be?



## SUPPORTING MEDIA |

<https://www.michiganlearning.org/goals-and-aspirations/>

## NOTES |

**ALTERNATIVES:** Come up with different question prompts, perhaps ones focused specifically on school experiences or interests with the column order being: Where I was, Where I am, Where I want to be.

**EXTENSION:** Discuss the tradition of triptych art with participants.