

American Roundtable Report

Purpose of Exercise

The goal of this project is to form a sense of what this place is and looks like to the GrowingChange youth leaders.

Instructions

Use the following guidelines for creating reflections—like journal entries.

- Develop a personal schedule around their time at The Farm and choose different spots to reflect in (or on) for 15 minutes at a time.
- Write down whatever comes to mind while spending time in, in front of, outside of different buildings/ structures/ fences/ spaces and reflect on the experience of being there.
- Reflections can be in whatever format is most meaningful to you in the moment. They can happen at different times, be written from different perspectives (doesn't have to be your own), or happen through different mediums or writing forms (original or borrowed).
- The idea is that there is no "right" or "wrong" reflection. The reflections are your personal experiences and do not need to look a certain way. Feel free to take it where you want it!

At a glance

1. Pick a spot. Let us know where it is on the site.
2. Write down your name, date and time.
3. Respond to a prompt or create your own. Reflect!
4. Text or email the reflection to a report editor each day.

Sample Reflection Prompts

Descriptive/Observation-based

Describe what you see...

- Light
- Textures, colors + materials
- Things

Describe what you hear.

Describe what you smell.

Describe how you feel.

Associative/Imaginative

Share a part of a song, poem, or something else you've read or heard that you associate with this moment or place.

Look at an object close to you, write a story about it; how did it get there; what is it doing there; how do you imagine its history or future?

Image

Take a photo. Write a caption.

- Zoom in: Take a photo of something really close-up
- A new perspective: Take a photo from an angle at which you don't usually see this object

Drawing

Take a photo of what you draw and share it. (Keep it safe for scanning into the archive in the future)