

3-2-1 Activity

Introduction

What is it?

The 3-2-1 exercise is a growth mindset activity that also serves as a self-assessment check-in.

Why use it?

This reflection activity helps us look back at learning moments and analyze them for opportunities to grow. As we investigate ourselves, our thought patterns, behaviors, and histories, it is important that we review these moments to fully understand the influences and biases that we carry with us.

What you need:



20-30 minutes

- The attached instructions
- 3 or more people
- Pen and notepad or paper for each participant



3-2-1 Activity

Instructions

Step 1: Reflect

After a challenging experience or new situation, each person should reflect on and write their answers to the following questions:

- What are 3 things I've learned?
- What are 2 things I want to learn?
- What is 1 question I still have?

Step 2: Analyze and discuss

Have individuals in groups take turns sharing their answers. After everyone has the chance to share, use the questions below to engage in a discussion.

- What have you learned from one another?
- How do these stories and responses make you feel, critical or compassionate?
- Both?
- Why?