



Head, heart, hands 25 min

EVALUATION AND FOLLOW-UP

REFLECT AND SHARE
INDIVIDUAL EXERCISE

About the exercise

TARGET AUDIENCE

Any.

PURPOSE

To enable participants to reflect on what they have gained from the training.

DESCRIPTION

A simple personal evaluation exercise for participants, using the imagery of head (knowledge), heart (attitudes) and hands (skills, action).

Instructions

RESOURCES

- One 'head-heart-hands' [handout](#) per participant.
- Pens

Find the handout at www.forb-learning.org/exercises/head-heart-hands-handout.

This exercise and the accompanying handout are available in multiple languages as part of Session 9 of the Local Changemakers Course: www.forb-learning.org/changemakers-languages.



HOW TO INTRODUCE THE EXERCISE 2 MIN

Explain that participants are going to do an evaluation exercise to think about what they, personally, are taking home with them from the course.

Give each participant a handout and pen. Be clear about whether the sheets will be gathered in to help you evaluate the course or whether they can take the sheet home with them as a reminder. It is important to avoid people writing private reflections if you are collecting the sheets!

HOW TO RUN THE EXERCISE 13 MIN

Ask participants to reflect on the following:

- Think about what you have gained in terms of knowledge and ideas. Write your thoughts in the head.
- Think about what feelings, new discoveries about yourself, or new attitudes you have, and write this in the heart.
- And think about what skills you have practiced, what ideas you have for taking action or doing something differently. Write this down in the hand.

HOW TO CONCLUDE THE EXERCISE 10 MIN

Depending on your group size, either go around the group asking each person to share one thing or ask participants to get into pairs to share and reflect.

Thank participants for sharing and for their active engagement during the training.