



Closing

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Felt, I Learned, I Feel

DESCRIPTION

Large group reflection.

I Felt, I Learned, I Feel

INSTRUCTIONS

Ask everyone in the group to find a partner OR gather in one large circle if your group is between 10-15 people. Either in pairs or by sharing in a circle have participants finish the following sentences:

- I felt...
- I learned...
- I feel...

For example:

- I felt nervous about coming to this retreat.
- I learned lots of names.
- I feel relieved and energized.