What Helped Today Review

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A grounding option did not fit everyone.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Review helpful, neutral, and unhelpful elements of an activity without requiring improvement.

3. What should be kept, changed, or dropped?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.