



Reflection and Curiosity

Questions to prompt deeper critical reflection:

1. How did my own experiences and knowledge influence my understanding and actions of a particular activity or interaction this week?
2. How did I take into account the needs, perspectives and opinions of parents and their children in this situation?
3. Did my personal values and possible biases enter impact on my experiences this week?
4. How do my fellow educators, leader or view this situation or action?
5. What do I need to find out more about?
6. What other theories might provide me with a different viewpoint on this subject?
7. In what way are my choices determined by the expectation of my early learning service or leader?
8. What does this action/environment/observation tell me about?
9. How can I acknowledge, respect and value children's diverse identities?
10. How could my team members/coordinator/leader/friend help me in this area?
11. Were there broader social and/political or emotional issues that influenced my actions?
12. Did my usual assumptions mislead my practice somehow? What assumptions can I challenge next time?
13. What knowledge did I use to reflect upon observations this week?
14. Why do I think that?
15. What did I learn about this?
16. How would I do it differently or better next time?
17. How might the outcome of that activity/experience been different if I
18. What do you think? Why is that? How does it work for you? Why do you think your approach works more effectively than mine?
19. What can I do next or differently to further extend the children's (or my own!) learning?

Challenging ourselves and others

We should ask the following questions:

- If it isn't.... what else might it be?
- How do I/you know? How do I/you find out?
- Am I/are you biased? Have I/you made an assumption?
- Is something else impacting on my/your judgement (e.g. time, caseload pressure, previous experience, personal life)
- Why do I/we/you think it is...? What evidence do I/we/you have?
- Could (other professional/family member) be right?

What is [Appreciative Inquiry](#)?

A questioning approach - more asking, less telling.



- Accentuate the positive, rather than eliminate the negative
- Encourages trust, reduces defensiveness
- Shifts us from asking about problems, to looking for what's working well or what could make things even better
- We all have different versions of reality - what is the best of what is?
- It is respectful of experience and explores what is most valued
- Helps develop empathy and insight by seeing things from people's different perspectives
- Listening with an appreciative ear is about creating a context for change

Appreciative Inquiry - Questioning Approach

- **Elicit: first question-** Tell me about, Explain to me, Describe to me..... (TED)
- **Amplify: behavioural detail, who what where when?-** and what else...then what happened...
- **Reflect: meaning behind the behaviour-** so what does that mean....how did that make you feel...
- **Start over:** ask another question....