

## LEARNING EXCHANGE PROTOCOL PERSONAL NARRATIVE

# HEAD HEART HANDS HEALTH

Multiple protocols available on [iel.org/protocols](http://iel.org/protocols)

Reflection and self-awareness are part of our work as leaders. In this activity, we offer you several opportunities throughout the week to reflect on your own learning and health. Throughout the week we will ask you to reflect on your learning and document the knowledge, skills and dispositions that you are building. We are asking that you organize your reflection around cognitive, social and emotional skills and understandings as well as your overall health and personal care.

For this protocol

- **Head** represents the *cognitive*
- **Heart** and torso represents the *emotional and social*
- **Hands**, legs and feet represent *actions*
- **Health** represents personal *care* (place post-its on the outside of the body)

This protocol is inspired, in part, by a similar protocol that helps educators have deep conversations about the hopes, dreams and aspirations we have for our students and in part by the 4H pledge, Head, Heart, Hands and Health:

*I pledge my head to clearer thinking,  
My heart to greater loyalty,  
My hands to greater service,  
And my health to better living,  
For my club, my community, my country and my world*

Directions:

- **On Monday**, trace the outline of a body to represent your EC-NIC. Using BLUE post-it notes, reflect on your hopes for the week in each of the four areas (head, heart, hands and health). Feel free to use more than one post-it note in each area.
- **Each day** you will be given time to reflect on your learning and add post-it notes. On **Tuesday please use GREEN post-its, on Wednesday please use PINK post-its.**
- **On Thursday**, your EC-NIC will have the opportunity to use the post-it notes to reflect on your experiences throughout the week.
  - **First**, take the post-it notes for each area and read through them.
  - **Second**, using a colored marker, write gist statements on your body outline to articulate your own growth and experiences throughout the week.
  - **Third**, using a different colored marker, write a second statement in each area, Head, Heart, Hands and Health that focuses on how you will apply your learning and experiences from this week, once you get back to school.

