WYRKSHOP MOBILE MAKERSPACE

SELF-AWARENESS

WHAT IS "ROSE, BUD, THORN"

ESTIMATED TIME: 30 MINUTES

LEARNING OBJECTIVES

- Learn to identify your emotions
- Engage in accurate self-perception
- Discover your own identity and recognize personal strengths
- Strengthen your own self-confidence
- Increase your self-efficacy

LIFE SKILLS LEARNED:

LEVEL: 1

MATERIALS NEEDED:

Maker crate

Journal

ACTIVITY OUTLINE

What is "Rose, Bud, Thorn"

Rose, bud, thorn reflecting is a great way to set goals and become independent learners.
It focuses us on building our self-efficacy (academic self-esteem) and growth mindset (the belief that we can change and grow).
By the end of this activity, you will be able to identify positive moments and areas where they need support.

Define Terms for the Activity:

Rose – something positive that happened this past week

Bud – something you are looking forward to next week

Thorn – something you need help with within the next week

* Bonus* – what can you do to turn a frustration into an opportunity next week?

STEP 1

Give yourself two minutes to write down or share your rose, bud, and thorn. It can be an actual rose, if you want to use the Cricket Maker to make a sticker, see how many different flowers you can make with the sewing machine or come up with something completely different.

For example,

1. What is something that is happening next week that you don't want to do?
2. How can you use one of the tools to make something fun or distracting?

STEP 2

Share your rose, bud, and thorn, and then go around asking each student to share their own. Working in pairs by yourself or offer each other ideas for turning their thorns into roses.

STEP 3

Process/Reflection Questions: (Journal the following prompts)

Engage in discussion or in writing with the following:
1. What strategy or resource did you use to turn your thorn into a rose?
2.If your strategy was not as helpful, what's something that you can try next?
3.What's a strategy that you will try next to turn this week's thorn into a rose?
4.What strategy can you share with a friend to help them turn their thorn into a rose?
5. How have you seen yourself grow and change?

STEP 4

Makerspace Creation Challenge – With any of the 5 Tools, Find a Way to:

1. How can you make something better than it is? What does that mean or look like to you?
2. What is something you can make to remind you of what you're good at, a strength?
3. How can you make up for a poor decision? Give a card, make a sticker, a little trophy?