

NAME: _____

DATE: _____

RASA BOX REFLECTION

Below, list and describe **3** new discoveries you have made about yourself throughout the Rasabox exercises. Each explanation must be 3-5 sentences!

To assist you with this reflection, please consider the steps we have explored so far:

- 1. Exploring the emotion using your breath*
 - 2. Exploring the emotion using your body*
 - 3. Exploring the emotion through interacting statues*
 - 4. Exploring the emotion through interacting statues and text*
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1)

2)

3)