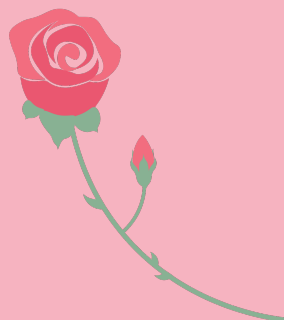


# INSTRUCTIONAL STRATEGIES



## Rose, Bud, and Thorn

This reflection strategy is used to get students thinking about what they are grateful for and what they look forward to. Or you can use it after a project to reflect on what they are proud of and what they hope to improve on.

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## ROSE, BUD, AND THORN

### Summary

Decide what you will have students reflect on. This strategy can be used weekly as an emotional check-in to get students thinking about high (rose) and low (thorn) points in the past week as well as what they look forward to (bud). Alternatively, after a project, you can have students reflect on what they are most proud of (rose), what struggles they encountered (thorn), and where they see room for further development (bud).

### Procedure

1. Determine what you want students to reflect on.
2. Define for students what *rose*, *bud*, and *thorn* mean in this context.
3. Model a response by sharing your own reflection on the topic.
4. Ask students to spend some time thinking about the topic and have them write down their *rose*, *bud*, and *thorn*.
5. Share out responses with a partner or the whole class.
6. If it makes sense for your topic—for example, if thorns were challenges or barriers on a project—spend some time brainstorming ways to overcome these challenges.

Lancaster D. (n.d.). "Rose, Bud, Thorn" activity and worksheet for school-wide implementation. Social-Emotional Learning. Panorama Education. <https://www.panoramaed.com/blog/rose-bud-thorn-activity-and-worksheet>