**Reflection of the Christmas Decoration activity**

*Some ideas to assist you in writing your reflection.*

Start by explaining that you went to two different elderly care settings to decorate the communal areas for Christmas. Identify these.

How did you feel about undertaking this activity?

How did you share out the work that needed to be done?

What was your role in the activity?

How effective were you in this role?

How effective were your communication skills with the group members, the residents and staff you met?

What did you gain from the visit and the activity?

Would this activity encourage you to do similar volunteering in the future?