

Post-Experience Reflection Sheet - Schools & Sports Teams

Turn your ropes course adventure into lasting lessons for the season. This reflection sheet helps student-athletes and school groups capture highlights, challenges, and key takeaways about teamwork, communication, and leadership. Great for coaches and teachers who want the learning to travel back to the classroom or the court.

Quick Check-In:

1. What was the most surprising thing you learned about your team today?
2. What was a personal highlight or win for you?
3. How did your team handle moments of uncertainty or challenge?
4. What skills or strategies can we bring back to the classroom, field, or court?

“What’s Next?” Discussion Prompts

- ✓ What should we do differently as a team moving forward?
- ✓ How can we keep the energy, communication, or momentum going?
- ✓ Who stepped up in a way that surprised or inspired you?

➔ Share this with your athletes at your next practice or class session to reinforce lessons learned on the ropes course.

