

**Reflective Practice Record[[1]](#footnote-1)**

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| 1. Describe the situation (what did you do/say)? | 2. How did you feel about what happened? | 3. What were you trying to achieve? |
| 4. What choices did you have? | 5. What were the outcomes (for you/the child/ others)? | 6. What knowledge/skills/competencies did you draw on? |
| 7. What did you learn from the experience? | 8. What might you do differently next time? | 9. What are your learning and development needs now? (competency based) |

1. Adapted from Community based social work with children and families: Manual on Prevention and Reintegration (2005), Save the Children UK Bulgaria. [↑](#footnote-ref-1)