



Smelly Socks and Shiny Stars Reflection

This activity can be done either online or in person. In person, you will need sticky notes and large sheets of paper (such as flipchart paper). If you are working online, you may want to use a digital tool such as Ideaboardz where you can create virtual sticky notes. If you choose to use a digital tool, someone will need to set up this in advance of your session.

Why are we doing this activity? This is an opportunity for people to share their views about what is good and not good. It also acts as a great ice breaker and can clear up any niggling issues. At the end of this activity, people will be in the right mindset for embracing the rest of your development session.

How to do the activity: As people enter the room, they are given a collection of post it notes (or access to virtual post its). There should be 2 heads – one for “Shiny Stars” (e.g. things that are going well) and “Smelly Socks” (things that are going poorly). They can then add their thoughts on what is good/what is bad.

When everyone has arrived (and you have welcomed them), you should talk through the things that have been mentioned. You may also want to refer to some of the things discussed at later points in your session.