

# WHAT ACTUALLY SUPPORTS GROWTH IN A *reggio inspired practice*

REFLECTIVE EXERCISE - WORKBOOK

*Reflections*

Date





# Welcome

*Hello fellow educator!  
So glad you're here!*

I'm Veronica Green, Early Childhood Educator & Consultant. For the past 10 years I've been mentoring and inspiring my fellow educators from all over the world. I share PRACTICAL & INSPIRING ideas to support your team with planning, documentation, understanding behaviours and building strong relationships. Using the power of play, loose parts & sensory processing I have carefully curated resources and professional development that connects theory to practice so that Educators become more knowledgeable, plan with ease, understand behaviours, build relationships that last and most importantly...actually enjoy their role too!

I have been deeply influenced by The Reggio Emilia Approach® in my practice and I continually share my experience with others to support and inspire my fellow educators and to grow in my own journey as well.



## What sustains a Reggio-inspired practice?

Over the last two videos, we explored what it really means to be Reggio-inspired and how the principles can guide our thinking in everyday moments with children. We talked about how this work begins with noticing...and how those moments can evolve into deeper thinking when we begin to reflect with the principles. But many educators eventually find themselves asking another important question:

### **How do I sustain this way of thinking in my practice?**

You might feel inspired by these ideas. You may feel drawn to this approach and the values it represents. And at the same time, it can still feel uncertain how to keep learning, reflecting, and making meaningful changes in ways that truly work in your own context. Reggio-inspired practice isn't something we learn in a single moment. It grows over time. Through learning. Through reflection. And through renewing our practice again and again. Over the years, I've come to see that there are three elements that help sustain this journey for educators.

# 3 Pillars for Sustaining

## UNDERSTANDING THE PRINCIPLES

The Reggio principles guide the way we see children, learning, and our role as educators. These principles invite us to think deeply about:

- our image of the child as capable and full of ideas
- educators and children as partners in learning
- the environment as a third teacher
- the hundred languages children use to express their thinking

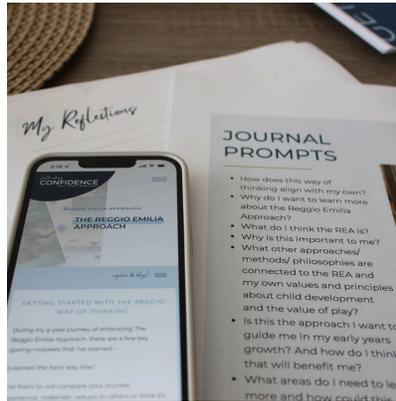
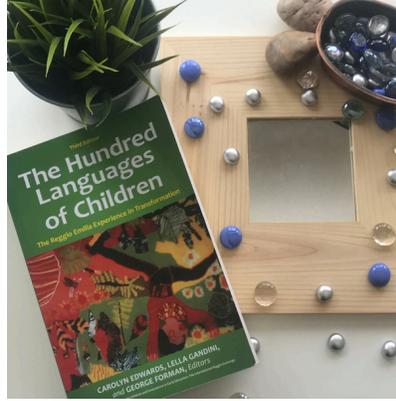
As our understanding of these principles deepens, we begin to see everyday moments with children differently.

## REFLECTIVE PRACTICE

Learning becomes meaningful when we pause to reflect on our experiences. Using a reflective pathway — like Research → Reflect → Renew — helps us:

- notice moments with children
- explore what those moments might mean
- make thoughtful changes in our practice

Reflection keeps the learning alive and evolving within our own context.



## COMMUNITY AND DIALOGUE

Some of the most powerful learning happens when educators think together. Dialogue with other educators can:

- spark new perspectives
- deepen our reflections
- help us stay aligned with the values that guide our work

Growing alongside others reminds us that we are not alone in this journey.

### A MOMENT TO REFLECT

As you continue exploring a Reggio-inspired approach, it can be helpful to pause and consider: **What support might help you grow in your practice right now?**

On the next page, you'll find a few reflection questions to help you think about where you are in your journey and what might support your next steps.



# reflective practice

SUSTAINING YOUR REGGIO-INSPIRED PRACTICE

REFLECTION QUESTIONS	YOUR NOTES
<p><b>Understanding the Principles</b></p> <ul style="list-style-type: none"><li>• Which Reggio principles resonate most strongly with you right now?</li><li>• Where do you still feel curious or uncertain about how the principles apply in practice?</li></ul>	
<p><b>Reflective Practice</b></p> <ul style="list-style-type: none"><li>• How often do you have opportunities to reflect on your work with children?</li><li>• What helps you move from noticing moments with children to deeper thinking?</li></ul>	
<p><b>Community and Dialogue</b></p> <ul style="list-style-type: none"><li>• Do you currently have opportunities to discuss your practice with other educators?</li><li>• How might conversations with like-minded educators support your growth?</li></ul>	
<p><b>CLOSING REFLECTION:</b> What support would help you grow most right now?</p>	



## CONTINUE THE JOURNEY

If you're looking for a space to explore the Reggio principles more deeply, reflect on your practice, and engage in dialogue with other educators, I invite you to explore the Reggio-Inspired Practice Beginner Course. Inside the course we explore the principles together while using the Reflective Practice Pathway — Research → Reflect → Renew — to connect the learning directly to your own context.

You can learn more about the course here:

<https://cultivatingconfidence.ca/reggio-inspired-course>

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