



One strategy for reflecting on a practice is to consider what positive changes could look like through the lens of ‘more or less.’ Try this activity when forming a community of practice or to improve existing practices.

Pick a topic that your group would like to discuss using a ‘more or less’ reflection. Discuss in a large group setting or in smaller breakout groups. Once you identify the topic, discuss what you want to continue (i.e. want more of) and what you want to reduce (i.e. want less of). Use paper or a virtual shared document to complete this activity. See below for an example.

sample activity

Topic	More/Continue	Less/Reduce
The use of technology in schools over the past five to 10 years.	<ul style="list-style-type: none"> Whenever possible, try to move away from multitasking and towards ‘monotasking’ in the classroom to help with distractions. Educators continue to role model appropriate times for use of technology. 	<ul style="list-style-type: none"> We removed notifications (e.g. sound, text pop-ups) for ourselves and the students on devices used for learning and teaching. Less time spent on technology for work before 6 a.m. and after 6 p.m. on weekdays and weekends.

