

☐ ☐ ☐ **S.M.A.S.H. AND GRAB!**

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Description: This closing activity delves more deeply and encourages reflection by asking five questions. Each question begins with one of the letters in the word “SMASH.”

Objective: Identify key items to follow-up and actions to be taken by participants post-training.

Audience: Any training audience

Time: 5-10 minutes

Group Size: Any size

Materials: Notepad, writing utensils

Process: Ask the participants to reflect upon their learning by responding to the following questions on their notepads.

As a result of the training, what will you:

- **S**tart Doing?
- **M**odify?
- **A**ct Upon?
- **S**top Doing?
- **H**elp someone with?

Alternatively, the trainer could have prepared cards with the letters S, M, A, S, and H printed downwards on the left hand side of the card, leaving enough room for a response next to each letter.

Once the participants have reflected on each of the items, ask them to share with others in the room. This is the “grab” part of the activity.

Debrief: In the debrief, the trainer could ask the following:

1. Why would we want you to consider more than just takeaways?
2. Why would we have you consider things to start and stop doing?
3. What is the importance of considering modifications and things to help others with?