

## Thinking about thinking; Metacognition – the *e(in)ternal* story

Imagine a cold evening at home, behind you the fire is lit as you look out a window. Through the glass you see the trees in the night and the clouds in the evening sky. As you re-focus your eyes, you look at the glass and the reflection of the fire in the window becomes apparent. You could not see this reflection when looking out the window. This is analogous to the act of focussing on internal thought (the fire) from the external (the view outside) (Freud?)

### Example

*Snare Roll is uneven (awareness-external) – Stop –*

**– Think – (awareness-internal)** Am I holding my sticks correctly? What are my hands feeling? How are the sticks responding to my grip? What can I change to experiment with the bounce?

### **PLAN**

1) Correct grip 2) Relax downward pressure 3) Move/Track both hands evenly

**– GO –** DO – Evaluate/Respond

