

### **PIESS - 5 INTEGRATED ASPECTS**

Service learning experiences are best designed holistically in order to be fun and engaging, to accommodate a variety of learning styles, and to both comfort and challenge participants.

Effective activity planning or reflecting usually includes the following 5 aspects.

#### **PHYSICAL**

How is your body affected? What senses are most stimulated?

#### **INTELLECTUAL**

How is your brain activated and your thoughts challenged?

#### **EMOTIONAL**

How is your heart touched? What feelings ask for your attention?

#### **SOCIAL**

How is your relationship with others improved? How do others experience your interactions?

#### **SPIRITUAL**

How is your philosophical or faith perspective affected? What personal insights are revealed?