

## PARENT WORKBOOK ACTIVITY 3: Practice at Home! Mindful Seeing

### Practicing Mindful Seeing

For this Mindful Seeing activity:

- Read and follow the instructions outlined in the Mindful Seeing Directions.
- Be aware of your individual experiences.
- Once you complete this activity think of ways you could introduce it to your children.
- Can you think of other Mindful Seeing activities?

### Mindful Seeing Directions

**Water and Food Coloring activity**

- Put 2-4 drops of food coloring into a large vase filled with water.
- Periodically add another few drops of a different color and notice what happens.
- Watch the color as it moves and changes.
- Be aware of your individual experiences.
- How does this type of seeing was different from the way we usually see. How were you able or not able to stay focused on what you were seeing?
- Which important part of your brain needs to be calm in order to mindfully see?

### Mindful Seeing

Training your child to observe visual details requires coming from a posture of curiosity and the discipline of really looking at something you think you've already seen. Regardless of how familiar we are with something, there is always more to see. "I've never noticed how bright the colors in that plate are. Have you?"

Parent Workbook Activity 3 :

## MindUP™ For Parents

**As a MindUP™ parent, once a day:**

Stop and really see where you are, noting details, and how you are feeling at that moment.

Take a minute to stop and really see and observe your child at play or at work. Notice any details about his or her behaviors and expressions. Notice how you are feeling at that moment.

### MindUP™ Family Activity Ideas:

**Mindful Seeing Fun—All Ages**

- Play "I Spy" – make the challenge of the object to find developmentally appropriate.
- Look at a picture or a piece of art. Make a list of what you notice, color, lines, and details, what feelings you have.
- Find a welcoming spot in your home. Take one minute to mindfully look at it. Turn away from the spot so you can no longer see it and for the next minute list as many details as you can remember about that spot.
- Make a family walk a lot more fun for a young child by going on a "Treasure Hunt." Encouraging her to look for treasures. These can be special leaves, rocks etc.
- For older kids, in pairs, face each other and mindfully notice what your partner looks like. Turn around so your backs are to each other, and then each person should change one thing about their appearance (pull up a sleeve, take one earring out, etc). When ready, turn back around to face each other. Whoever can correctly guess the change in their partner first wins.

