

# MindUP Lesson 5

## Mindful Seeing

Grades: 3-5

**Lesson 5: Mindful Seeing** is the fifth video in a virtual series of MindUP programming for the 2020-2021 academic year. Based in neuroscience, MindUP teaches the skills and knowledge children need to manage stress, regulate emotions and face challenges with optimism, resilience and compassion.

**Length of Lesson:** 10 minutes including worksheet

**Objectives:** Mindful seeing uses the sense of sight to help children focus and become more aware of their surroundings. The practice can also help students settle and relax when needed. In this lesson, students will focus their attention on particular objects and describe the visual details they see, such as color, size, shape, and texture.

### Materials:

- Mindful Seeing Worksheet
- One Object
- Pen or Pencil

**Preparation:** Have child sitting at a desk or table before starting the lesson.

### Mindful Seeing at Home:

We use our eyes to see the things around us on a day-to-day basis. There are times when you can be looking at something, but think about something else at the same time. This is a time when we can practice mindful seeing. Mindful seeing enables us to better observe ourselves, other people, and our surroundings to more fully enjoy and learn from them. When children practice mindful seeing exercises, they familiarize themselves with the practice of slowing down and focusing their attention to one thing. Below you will find some ways that you can practice mindful seeing at home with your children.

- *Searching for shapes!* Create a treasure hunt with a list of shapes that your child can search for inside or outside of your house. Have them bring them to you or point them out. This will help children familiarize themselves with the various ways shapes can look by their specific attributes.
- *Observe the Word!* Use this time to introduce words like *wavy*, *round*, or *straight*. You can point out objects and have your child identify if it has wavy, round, or straight lines.
- *Every Picture Tells a Story!* Choose a book that your child has not read before. Instead of reading the book, look through the pictures and focus on images of a character showing some kind of emotion. Ask your child what emotion they see and to identify any clues that show why the character is feeling the emotion. This will help children recognize and become more aware of their emotions and reactions.
- *Visualize!* Have children close their eyes and think about objects that are big and small. Then have them write or draw what they saw when closing their eyes.

- *Mindful Walk!* If you are on a walk, have your child point out things that they see and describe the different attributes that object has.

## REFERENCE

- The Hawn Foundation. (2011). *The MindUP Curriculum Grades Pre-3-5: Brain-Focused Strategies for Learning and Living* (pg. 60-67). New York, NY: Scholastic.

