

MINDUP™

MINDFUL SEEING

Slow down and focus your attention. By looking closely at things and observing their details, we can expand our understanding of the world around us. Mindful Seeing enables us to better observe ourselves, others and our surroundings so we can fully enjoy and learn from them. Try some of these Mindful Seeing activities to enjoy, observe and learn from the world around you.

Cloud Watching

Look out of your window or sit outside, if you can. Watch the clouds drift by. What kind of clouds are they? What shapes can you see in the clouds? How quickly do the clouds change and disappear?

First Signs of Spring

Look out of your window or go outside, if you can. Can you see the first signs of Spring? What could they be? Draw a picture or write a list of every first sign of Spring that you can see.

MindUP I Spy

Look around you, can you spy something beginning with each of these letters? Write down as many as you can beginning with: **M-I-N-D-U-P.**

Odd One Out

Using your mindful seeing, can you find the odd one out in the picture below? Why not time yourself to see how long it takes you to find the odd one out, then compare your time with how long it takes your friends and family? Can you make your own puzzle for others to solve?

