

ODD ONE OUT

Slow down and focus your attention. Calm your amygdala and engage your prefrontal cortex. By looking closely at things and mindfully seeing, we can better observe ourselves, others and our surroundings so we can fully enjoy and learn from them. Using your mindful seeing, look at the pictures below. Can you find the odd one out? 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 or family? Can you make your own puzzle for others to solve?





