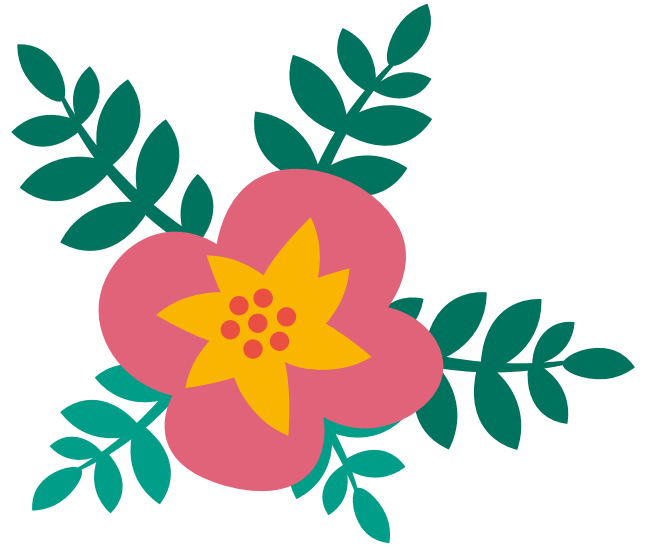


MINDUP™



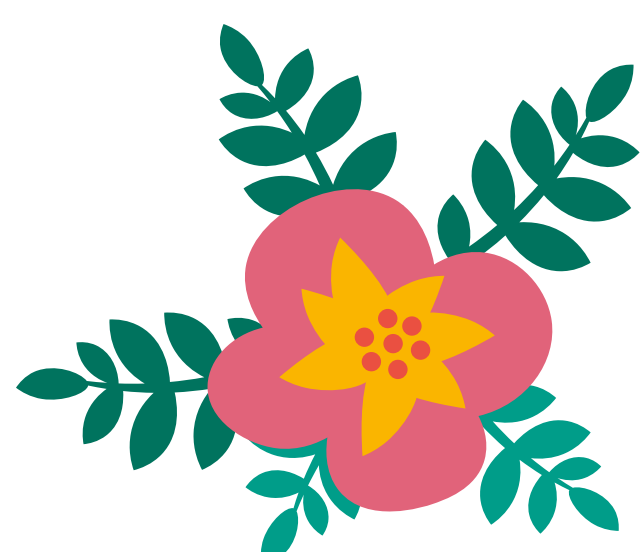
MINDFUL SEEING FLOWERS

Our senses help us to interpret and understand the world around us. By focusing our attention on something specific, for example something we are looking at, we can help strengthen the prefrontal cortex (PFC) at the front of our brain and be more aware of the world around us.

Using your hippocampus, draw a picture below of a flower from your memory.

Now go outside and look closely at different flowers. Focus your attention on the details of the flowers, make sure you are using your prefrontal cortex (PFC).

Compare your drawing of a flower above with the flowers you find outside. How are they similar? How are they different? How are the petals arranged? Can you spot a pattern in the centre of the flower? What do the leaves look like?



mindup.org.uk

