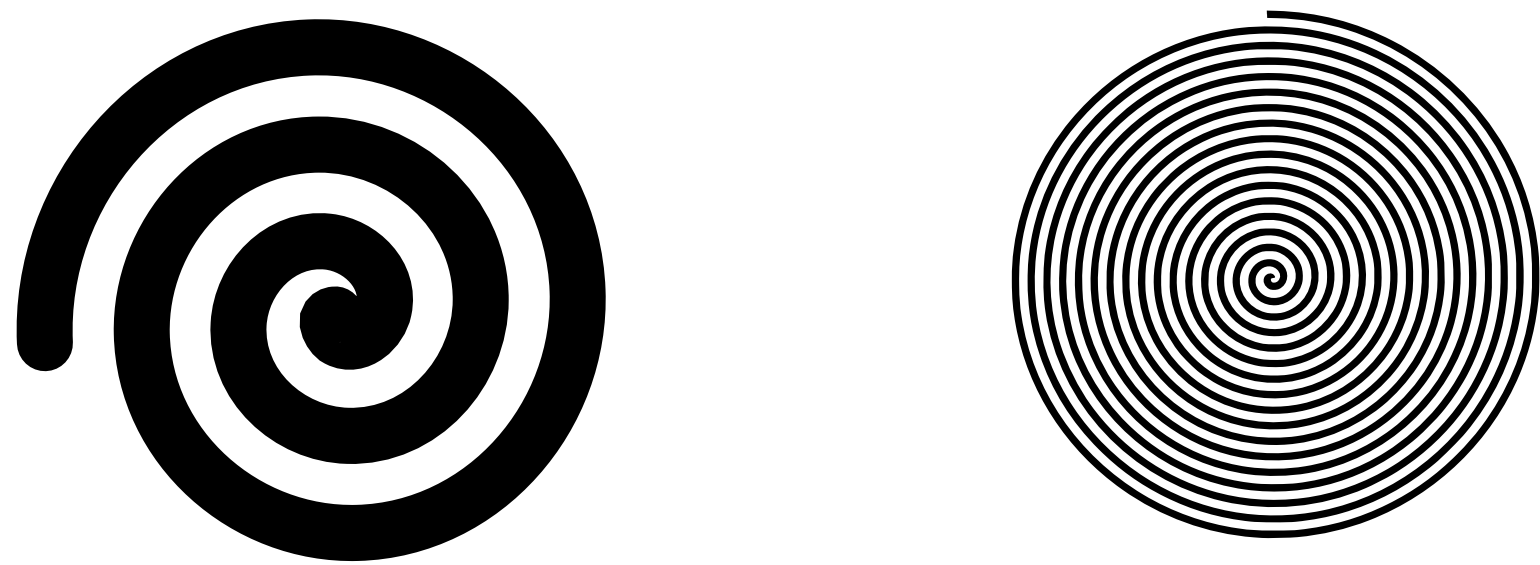


PATTERNS SCAVENGER HUNT

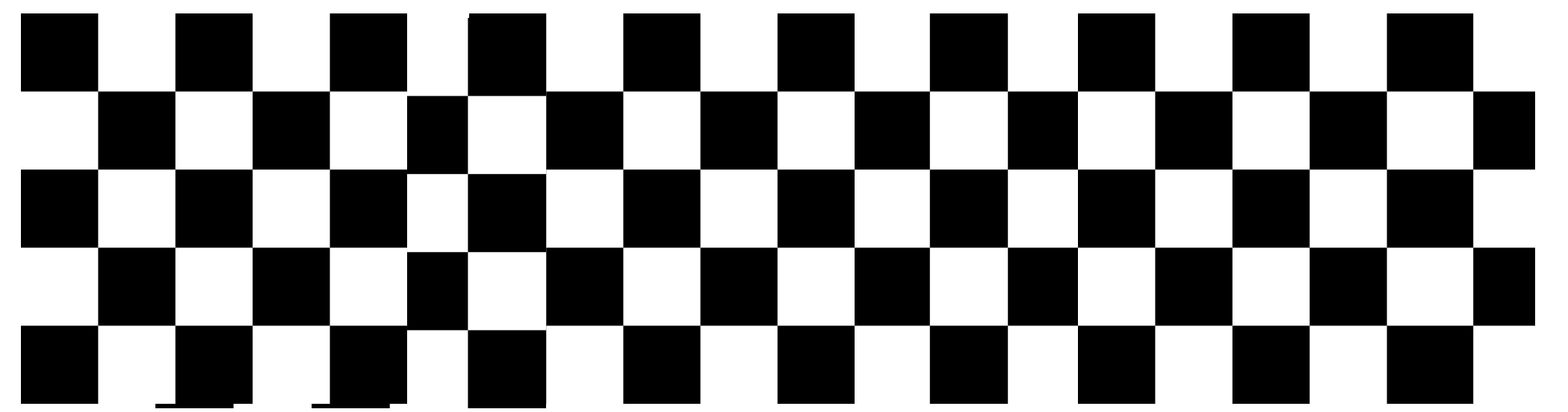
Our senses help us to interpret and understand the world around us. By focusing our attention on something specific, for example something we are looking at, we can help strengthen the prefrontal cortex (PFC) at the front of our brain and be more aware of the world around us.

Focus your attention on your surroundings. On the grid below, write down or draw things in your surroundings that use the patterns below. Can you find more than one example of each pattern? What other patterns can you see?

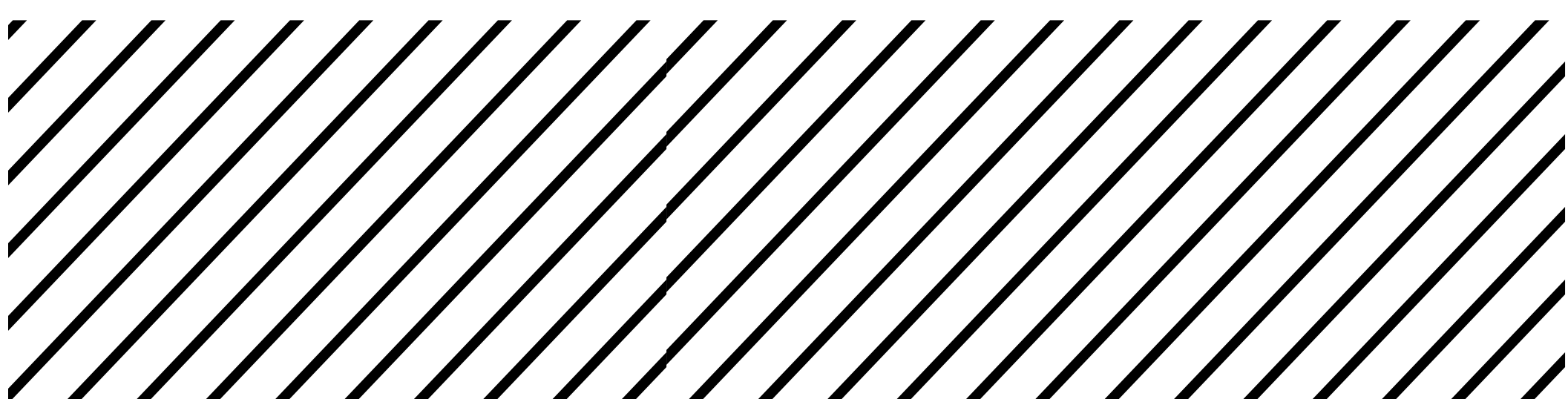
Spirals



Chequered



Stripes



Spots

