

## SYMMETRY SCAVENGER HUNT

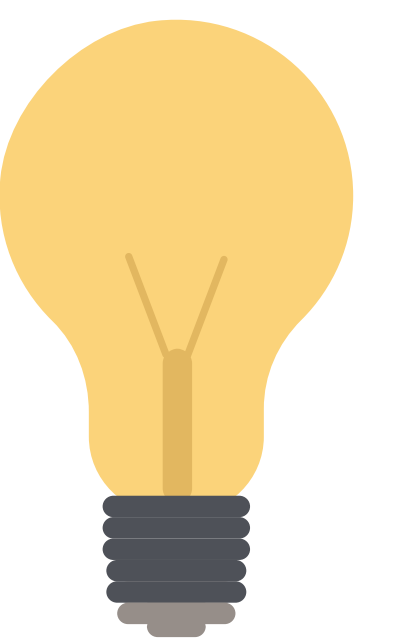
Our senses help us to interpret and understand the world around us. By focusing our attention on something specific, for example something we are looking at, we can help strengthen the prefrontal cortex (PFC) at the front of our brain and be more aware of the world around us.

Focus your attention and explore your surroundings closely. You can do this activity inside and outside. Can you find things that are the same on both sides? This is called symmetry. On the grids below, write down or draw 4 symmetrical things in your surroundings. If you find more than 4 things, add them as well!

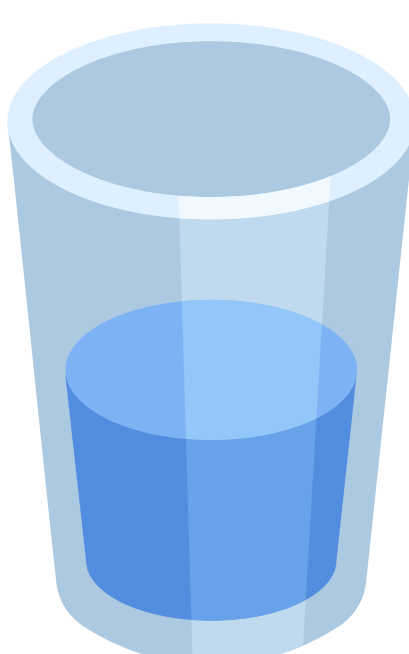
### INSIDE

1

2



3



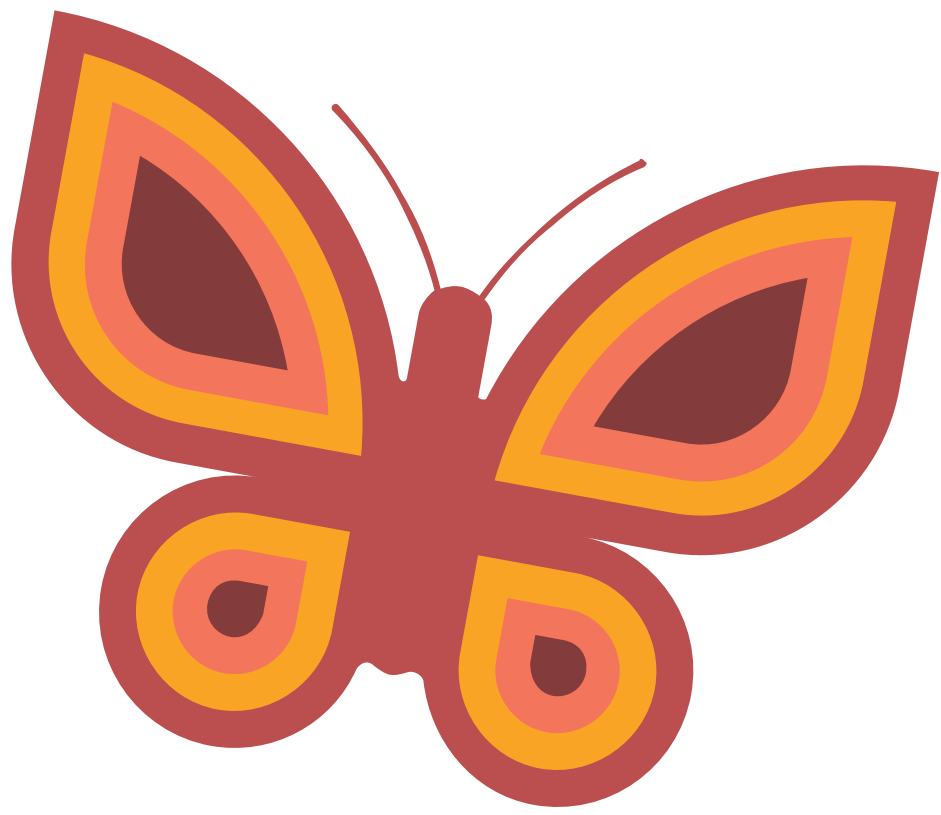
4

# MINDUP™

## OUTSIDE

1

2



3

4