Practicing Mindful Seeing

For this Mindful Seeing activity:

- Read and follow the instructions outlined in the Mindful Seeing Directions.
- Be aware of your individual experiences.
- Once you complete this activity think of ways you could introduce it to your children.
- Can you think of other Mindful Seeing activities?

Mindful Seeing Directions

Water and Food Coloring activity

- Put 2-4 drops of food coloring into a large vase filled with water.
- Periodically add another few drops of a different color and notice what happens.
- Watch the color as it moves and changes.
- Be aware of your individual experiences.
- How does this type of seeing was different from the way we usually see. How were you able or not able to stay focused on what you were seeing?
- Which important part of your brain needs to be calm in order to mindfully see?

Mindful Seeing

Training your child to observe visual details requires coming from a posture of curiosity and the discipline of really looking at something you think you've already seen. Regardless of how familiar we are with something, there is always more to see. "I've never noticed how bright the colors in that plate are. Have you?"