

Mindfulness Week 5

By mindfully observing their senses, students will become adept at sharpening their attention and using sensory experiences to enhance memory, problem solving, relationships, creativity, and physical performance.

This week your child will be practicing focusing their attention on an object and describing the visual details they observe. They will also strengthen their visual vocabulary and memory through mindful seeing.

Help your child expand their vocabulary to describe the things they notice accurately and precisely. Guide them to describe colors more precisely (bright or dark, bold or soft, clear or muddy, introduce names for colors that students may not be familiar with, teal, mauve, chartreuse, indigo).

Helpful information for you

What is Mindful Seeing?

Crimson or ruby? Ovoid or oblong? Smile or smirk? Our ability to visually distinguish precise details has given rise to a very rich and precise descriptive vocabulary. Mindful seeing enables us to better observe ourselves, other people and our surroundings to more fully enjoy and learn from them. As with mindful listening, mindful seeing helps students sharpen their focus by calling on one sense to very purposefully observe an object. This lesson also takes advantage of students' natural visual curiosity about important people and things in their environment – and their desire to share their observations.