

# Lesson 8: What is the Mind?

## Perspective Taking/Visualization Activity

### Part 1

1. Give students several sheets of white paper. (Or  $\frac{1}{2}$  sheets). Tell students you will be giving them some ideas to think about, write about, and draw.
2. Have students close their eyes.
  - a. Ask them first to visualize something fairly common or simple, like, a tree.
  - b. Ask them follow up questions about the tree: -How tall is it? -What season is it? -What colors do you see?
  - c. Encourage students to think of as many details as possible. Give them about 1 minute just to visualize.
3. Have students spend 2-3 minutes drawing the tree they see in their minds. Encourage them to add as much detail as possible. (For older students, you could also have them write all of the words that come to mind when they think of this tree.)
4. Finally, have the students hold up their pictures to show their classmates their work.
5. Encourage them to notice all of the variation around the room, size, shape, etc.
6. Repeat this process 1 or 2 more times. Here are some ideas to try, but feel free to pick your own ideas.
  - An icecream cone
  - A sunset
  - A park
  - A dog
  - A cat

### Part 2

Now, use the same process for slightly more abstract ideas.

- A happy day
- A snow day
- A day at the beach
- A disappointment
- Something frustrating
- Feeling proud

Explore with students how many different ways we experience the world and how everyone's perspective is correct. There is no right or wrong way to experience the world. Have students point out similarities and differences.

Ask them to get in small groups and share why they drew the scenes they created. Have each student tell a story about their pictures.

For older students, you may want to try concepts like:

- Loneliness
- Success
- Peace
- Bravery