

Raising Happy Kids

OBSERVATION GAMES

LIST THE ITEMS ON A SHEET: PART 1

Sitting in a circle:

- Each participant needs to bring with them a pencil & paper and place them under their chair
- Ask them to close their eyes
- In the centre of the circle place a large piece of white fabric
- On the cloth place some objects: I.e. Stapler, Glue stick, Scissors, Note pad, Pen, Ruler, Paper clip, White pen, Computer (White) cord, Jump drive, Large bulk-paper stapler, A staple
- Ask participants to open their eyes
- Ask them to study what they see in front of them (Leave them for at least 10 mins)
- Ask them to close their eyes again
- Cover all objects with another cloth
- Ask them to open their eyes
- Ask a few general questions
 - "How long did we do that? Did anyone peek at their watch?"*
 - How hard did you find it to keep your body still, and your mind on task?"*

It's hard to remain "present" when you are observing something you aren't interested in

- Now, ask them to take their notebook and pen and write down all of the objects they saw.
- Give them time to complete their list without asking questions. Then you can ask - "How many objects were there?" "What techniques did you use to remember?"
- The answers might sound like this:

1. Making rows of objects
2. Clockwise: going around in my head
3. The function of each object: cutting, writing, etc.
4. Size & colour
5. Categories
6. Details vs. whole picture
7. # Of each item in groups (4 cutting, 3 sticky, etc.)

- The important thing in this exercise is to allow participants to share the different ways they completed this task.

The interesting conclusion is that we all use very different ways to remember things!

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THE BLACK JACKET

Sitting in a circle:

- Each participant needs to bring with them a pencil and paper and place them under their chair
- Ask them to close their eyes
- In the centre of the circle place a large black jacket so that you can see the lining and the outer fabric
- Ask them to open their eyes
- Ask them to study what they see in front of them.(Leave them for at least 10 mins)
- Ask them to close their eyes again.
- Cover all objects with another cloth
- Ask them to open their eyes
- Take your notebook and pen and write what you saw in front of you.
- Ask if anyone would like to share.

REMEMBER

- Many participants will describe in great detail.
- Allow different people to share what they wrote down.
- The purpose of this exercise is to demonstrate that when we observe we need only write what we see. This will allow our observations to be objective! Otherwise, we are interpreting what we are seeing.
- All of us bring in past experiences to try to describe what we are seeing.
- We must focus on what we are seeing now; in the moment; here and now.
- We learn how to refine our ability to write what we see with practice!

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SWITCHING PLACES

Switching Places

- Depending on the number of participants ask for 2-3 people to volunteer to leave the room.
- 3 people leave the room out of ear-shot
- 6 participants switch places
- Participants return.
- Announce" We've made some changes. Can you tell us what?"
- The 3 re-arrange so that they are satisfied
- When satisfied, sit down

Shoes

- Next: 3 more volunteers leave the room
- Everyone puts their shoes in the middle of the room - and the 3 return
- Ask them to match people and shoes!