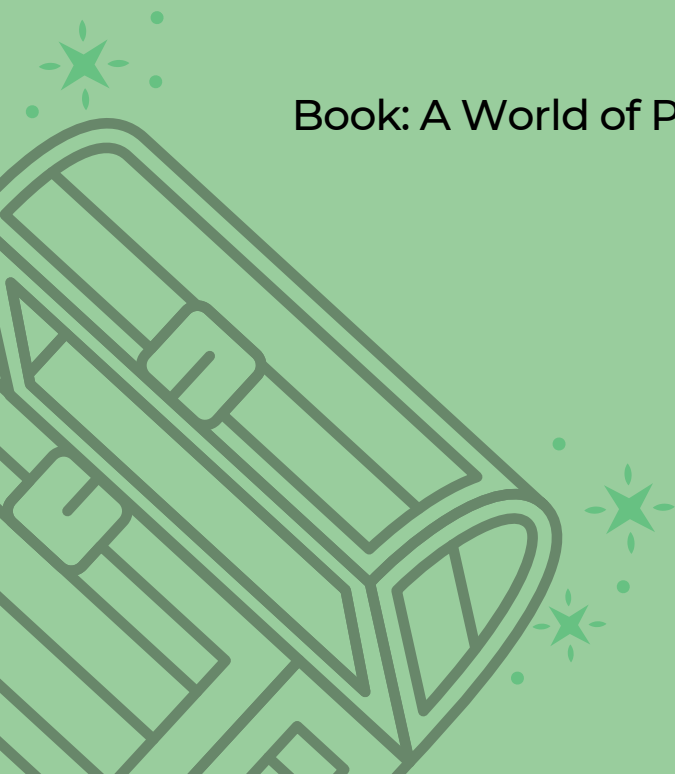


Exploring Change Activity

SCAVANGER HUNT (PRE-K & ELEMENTARY AGE LEVEL)

Find something in your neighbourhood that is changing. It might be a tree, or a building, your entire neighbourhood as the seasons change, or even the stages of the moon at night. What do you notice about the change? Use all your senses: what does it look, sound, feel, taste, smell like? Do you notice a cycle of change? Do some things that disappear like the moon or the leaves on the trees return again?

**Book: A World of Pausabilities: An Exercise in Mindfulness
by Frank J. Sileo, PhD.**



Exploring Change Activity



ATTUNE TO YOUR TUNES (ALL AGE LEVEL)

You can do this anywhere when you listen to your favorite music. Notice the words and sounds. How do you feel in your body as you listen to the music? Do you want to move or to quiet down? Does it make you feel happy or sad? As you listen to the music, become aware of the changes. Where does it grow louder or softer? What about the beat and rhythm of the music? Does it pick up speed or slow down? By noticing all the qualities of the music you listen to, you become fully present to the experience and it no longer simply plays in the background.



(You can practice this activity with Inner Explorer's Sound Practices, too.)

Exploring Differences Activity



THE SENSES EXPERIMENT (ALL AGE GROUPS)

We experience differences with not only people, but also with places and things. For this activity, we are going to explore differences through our five senses. Each time you practice the activity, focus on using one particular sense at a time and notice all the differences you can with one sense and one activity. Example:

Activity: Washing your hands with warm and then cold water

Sense: Touch

Observation: What do you notice about your sense of touch when the temperature of the water changes?

Activity: Walking indoors versus outdoors.

Sense: Sight

Observation: What do you notice about the light? What differences do you notice in the environment?

Activity: Eating something salty and then sweet

Sense: Taste

Observation: What do you notice about taste when eating something salty? What do you notice about when you eat something sweet? What are some of the differences?

Activity: Listening to music with different volume levels

Sense: Sound

Observation: What do you notice about your music when it is played more loudly than when it is listened to a low volume?

Activity: Smell

Sense: Find four to six things that smell (e.g. flowers, perfume, a lemon, shampoo, etc.)

Observation: What do you notice about the various odors of the objects? How do they differ from one another?