MINDFUL MOMENTS ACTIVTIES

Skill: Communication

Activity: Spot the Difference

Goal: Become more observant of changes in your environment and communicate those differences to others. Identify 10 identifiable changes made by students.

Equipment: None OR you can provide props for changes—hat, shirt, belt, etc. but make sure classroom students do not see them.

Time Allotment: 20 minutes

- Identify 5 students to participate
- Ask the students to stand in a line facing the rest of class
- Give the class 3 minutes to look at the 5 students appearance. (Can not take pics or notes)
- Once the time is up, the 5 students will leave the room, and change 10 things total about themselves (1 student may change 3 items while another only 1) The ten things must be noticeable.
- When the 5 students return to the room, class must identify the 10 things changed.

Suggestions:

You may divide the classroom students into teams and grant points if a competitive twist to the game is desired.

Debrief:

What was the easiest change to identify? Why?

What was the hardest change to identify? Why?