

OBSERVATION / MINDFULNESS EXERCISES

Definition of OBSERVATION:

1. *an act or instance of noticing or perceiving.*
2. *an act or instance of regarding attentively or watching.*
3. *the faculty or habit of observing or noticing.*
4. *an act or instance of viewing or noting a fact or occurrence for some scientific or other special purpose:*

Definition of MINDFULNESS:

1. *The state or quality of being mindful or aware of something.*
2. *Psychology.*
3. *A technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them.*
4. *The mental state maintained by the use of this technique.*

IT IS EXPECTED

- That you will do these exercises each week.
- You are to OBSERVE and be MINDFUL of the specific things you are guided to observe.
- YOU ARE NOT TO SKETCH or PHOTGRAPH your observations, YOU ARE TO COMMIT TO MEMORY your observations.
- You WILL be asked IN CLASS to discuss your observations, so BE PREPARED to talk in front of the class about your observations.

With mindfulness, you can establish yourself in the present in order to touch the wonders of life that are available in that moment.

-Nhat Hanh

OBSERVATION EXERCISES

ONE: Observe THREE (3) different TYPES of PAPER you use in your typical week

Be prepared to share your observations in class. Be able to talk about in detail the Paper you observed for example: the purpose of the paper, the size of the paper, the color(s), texture(s), sound(s), smell(s) of the paper that you use, what your emotions were while you are using the paper etc.....

TWO: Observe THREE (3) things in NATURE Be prepared to share your observations in class. Be able to talk about in detail the things you observed for example: their color, texture, size, smell, relationship to other things in nature, how the light in the surroundings affect how you observe the things etc...

THREE: Observe THREE (3) GESTURES made by someone in your life. Be prepared to share your observations in class. Be able to talk about in detail the gestures you observed for example: the context of the gesture, how long the gesture took to make, the feeling behind the gesture, if it was a big dramatic gesture, or a small intimate gesture etc...

FOUR: Observe THREE (3) shades of BLUE in your environment Be prepared to share your observations in class. Be able to talk about in detail the shades of blues you observed for example: the context of the shade of blue, how does the light in the environment affect the color, do you associate a smell, taste or sound with that shade of blue, how does the particular shade of blue make you feel etc....

FIVE: Observe THREE (3) unique TEXTURES in your environment Be prepared to share your observations in class. Be able to talk about in detail the textures you observed for example: the context of the texture, how does the texture feel to your hand, what color is the texture, how does the texture make you feel emotionally etc.....

SIX: Observe THREE (3) different KINDS OF LIGHT in your environment Be prepared to share your observations in class. Be able to talk about in detail the LIGHT you observed for example: the context of the light, what is the purpose of the light, what color is the light, how does the amount of light make you feel emotionally etc.....

SEVEN: Observe THREE (3) different TYPES OF HAIR and /or FUR Be prepared to share your observations in class. Be able to talk about in detail the hair/fur you observed for example: the texture of the hair, the length of the hair, the colors of the hair, the direction the hair grows and moves, what is your emotional reaction to the hair you observed etc.....

EIGHT: Observe THREE (3) different TYPES OF WATER in your environment Be prepared to share your observations in class. Be able to talk about in detail the water you observed for example: the context of the water, the colors of water, how the light in the environment changes the water, the direction the water flows, how the water feels to your mouth, hand or body, do you have an emotional reaction to the water etc.....

NINE: Observe THREE (3) different TYPES of SPACES you encounter in your typical week Be prepared to share your observations in class. Be able to talk about in detail the spaces you observed for example: the size of the space you entered, the use of the space you are in, how the light in the environment affects the space you are in, the colors, textures, sounds, smells that are in the space you are in, what your emotions were while you were in the space etc....

TEN: Observe THREE (3) different WORKS OF ART on the Campus of JCCC Be prepared to share your observations in class. Be able to talk about in detail the art you observed for example: the media of the art, the size, perceived weight, texture, colors of/in the art, how the light in the environment changes the observation of the art, the theme of the art, what you thought of when you observed the art etc.....