

Summary of Lesson Eleven

In this lesson, students explore the concept of being present by using their five senses to notice what is happening around and within them. Students learn how focusing on the present moment can help them manage emotions, improve attention, and make thoughtful choices. The lesson encourages students to recognize their feelings, use calming strategies, and respect others. Students discover that being present is a simple but powerful tool they can use anytime to feel more focused and calm.

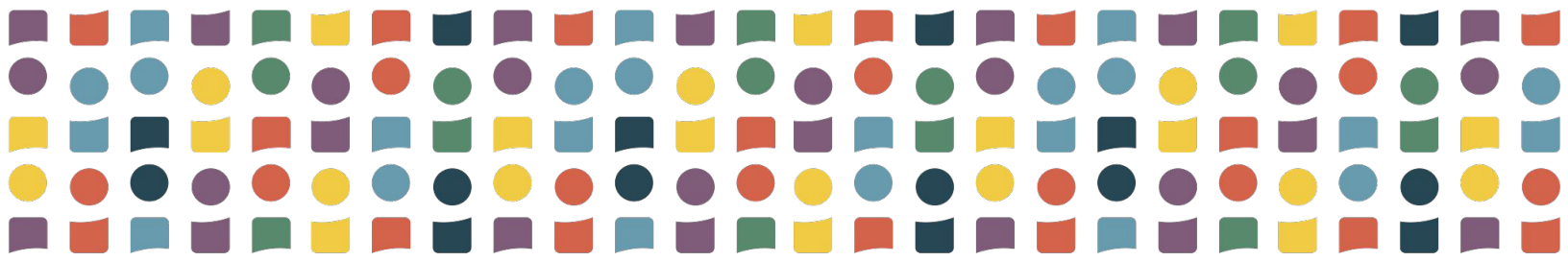
At Home Practice: I Spy

Choose a Spy Master: One person becomes the "Spy Master" and thinks of an object in the room.

Say "I Spy with My Little Eye": The Spy Master starts by saying, "I spy with my little eye, something that is..." and then gives a clue about the chosen object. For example, if the chosen object is a red ball, the clue might be "something that is red."

Others Guess: The other players then take turns guessing what the Spy Master is thinking of. They might say things like, "Is it the red ball?" If they're right, they get to be the next Spy Master.

Repeat: Keep playing and taking turns being the Spy Master. Each time, try to choose different objects in the room.



Children can practice "I Spy" games in various situations to enhance their observational skills. Here are some suggested times:

- **Car Rides:** "I Spy" is an excellent game to play during car rides. Whether it's a short trip to the store or a long road trip, kids can observe and spy objects outside the car or within the vehicle.
- **Waiting Rooms:** While waiting at the doctor's office, dentist, or any other waiting area, playing "I Spy" can help pass the time and keep children engaged.
- **Outdoor Adventures:** Whether at the park, in the backyard, or on a nature walk, kids can practice "I Spy" with elements in the environment, like different colored flowers, animals, or types of leaves.
- **Mealtime:** While sitting at the table, children can spy objects related to the meal. For example, they might say, "I spy something round and red" (referring to an apple).
- **Indoor Play:** On rainy or cold days when outdoor play is limited, children can play "I Spy" indoors, looking for objects in their room, the living room, or any play area.
- **Bedtime Routine:** As part of winding down before bedtime, parents can play a calming version of "I Spy" in the child's bedroom. This can be a quiet and mindful activity.