



Lesson Two

In this lesson, students practice their observation skills through hands-on activities and interactive games. They are introduced to mindful seeing with a fun "I Spy" game and read how Oliver uses this skill in a game of hide-and-seek with his friends. Students then practice mindful seeing to notice details in their surroundings, draw a picture of a focus object, and conclude by selecting or creating their own focus object to further explore this skill.

At Home Practice: 🔍 Peek and Seek!

1. **Pick Your Treasures** - Find 4 or 5 small toys or blocks. They can match or be totally different!
2. **Look Closely!** - Before hiding, take a good look at each one. What colors do you see? What shapes? Are they smooth or bumpy?
3. **Ready, Set, Hide!** - Have your grown-up hide the treasures while you close your eyes or step out. They should peek out just a little!
4. **Go Find Them!** - Open your eyes and use your super-seeing powers to spot each one! Look high, low, and all around.
5. **Your Turn to Hide!** - Now YOU hide the treasures and let your grown-up or friend find them. Play again and again with silly hiding spots!