



## Lesson Two

### Cross-Curricular Activities and Resources:

- 1. Science: I Spy...Parts of the Eye:** Have students color and label different external parts of the eye on a worksheet, such as eyelid, eyelash, iris, and pupil.
- 2. Language Arts: Alphabet Spy:** Lead students in playing a game of I Spy. Start a round with “I spy something with my eye that starts with the letter A.” Continue through the alphabet.
- 3. Art: Drawing Details:** Give students a picture of a simple house. Tell students to use crayons or colored pencils to add details on the house.
- 4. Language Arts: Mindful Art:** Use the internet to access a classic piece of impressionist art, such as Van Gogh’s the Water Lilies. Have students practice their mindful seeing and speaking skills by noticing and saying aloud different details in the painting.
- 5. Math: What’s Different?** Direct students to look at a table of objects. Have them notice the size, shape, and color of each object and the order of the objects. Count the objects with students. Have them close their eyes, then change something on the table. For example, change the order of the objects, add a different object, take an object away, or exchange the same object with a different color. Have students open their eyes and notice what’s been changed. Review the order of the objects, count the objects, and talk about the color of the objects.