**Observation Door: Noticing**

*Close your eyes. Listen to all the sounds around you. What do you hear? How do you feel?*

*Slowly open your eyes. Be silent (no talking), and look at what is around you. What do you see? Look closer. What do you notice? How do you feel?*

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| **IN THE CLASSROOM** | |
| **What Details do I See….** | **Sounds I Hear…** |
| **Feelings I Get…** |

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| **IN THE PLAYGROUND** | |
| **What Details do I See….** | **Sounds I Hear…** |
| **Feelings I Get…** |

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| **IN THE FOREST** | |
| **What Details do I See….** | **Sounds I Hear…** |
| **Feelings I Get…** |

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| **IN YOUR FAVOURITE SPOT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| **What Details do I See….** | **Sounds I Hear…** |
| **Feelings I Get…** |