

How You See It

Lesson plan

Aim

To develop self-awareness.

Mapping

CES 'I Can' Statements	CMS Themes and competencies
★ 'I Can' demonstrate diverse thinking when exploring learning opportunities and pathways	★ I make positive career decisions ★ I adapt my behaviour appropriately to fit a variety of contexts

Learning Outcomes

Young people will:

- ★ Participants will gain knowledge of the impact of understanding their perceptions.
- ★ They will understand that other people will have different points of view from them.

Activity on next page...

Delivery of Activity:

Introduction

This activity allows young people to think about perception and put this into practice.

Instructions for the young person

You can use these instructions for your young people to explain the activity.

A work-around has been included for those who can't print the worksheet. You can give this option to young people at the time and in the way you think best.

Before you start

★ Print out the perception worksheet or make sure you can look at it on a screen (computer/tablet/smart phone)

Perception Exercise

- ★ Think about what perception is, this can be a conversation with a family member/friend.
- Points for discussion:
 - Everyone has their own perspective
 - Perception is the ability to see, hear or become aware of something through the senses
 - It is the way in which something is regarded, understood or interpreted
 - Look over the worksheet showing pictures of perceptions.
 - Take time to consider each one, what can you see? Hint: try looking at the images from different angles.
 - Watch the Colour Changing Card Trick Clip – invite a family member/friend to watch as well.
 - There are no right or wrong answers, discuss your thoughts.
 - Think about the definition of perception above and explain your new understanding of perception.

Follow-up

Young person can discuss with family member/friend the impact of perception, e.g. attention to detail, ability to see bigger picture, ability to see other's perspectives and our ability to focus and concentrate.