



Dandelions. One flower, many perspectives. Some people remove them to keep the grass green. Others pick small bouquets for those they love. And a few of us wait until they turn to fluff to blow and make a wish. Each of us views the world from a unique perspective. We are individuals with our own experiences, interests, and ideas, so we see things differently. Knowing this can help us remember that there are many ways to see a situation, feeling, or event.

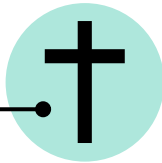
***In this Wellness Wednesday, let's see another perspective.***

### TRY THIS...

#### As a class, group, or family:

- Invite everyone to look around the room and write down five things they notice. After a few minutes, ask people to share their list. Talk about what people noticed that are the same or different.
- You can also try doing SMHO's Illusion activity. For this activity, you will need an illusion image (i.e., duck/rabbit, old woman/young woman, 6 or 9, 4 bars or 3 bars, etc.). Ask everyone what they see. Both groups are correct in what they see. It simply depends on our individual perception of the image.
- Discuss how even when we look at the same spot, we are all individuals with our own experiences, interests, and ideas, so we see things differently. Our unique perspectives allows us to consider more than one way to see a situation, feeling, or event.

### CATHOLIC CONNECTION



*"Occasionally friends will ask me and regularly I ask myself 'Is there any situation in my life right now that I'm being invited to see in a different way?'" (Fr. Jim Mockler)*

*"Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited..." (Philippians 2:5-6)*

The Gospel for Palm Sunday shares an example of Jesus' leadership. His actions demonstrate openness, kindness, and understanding. We are made in God's image. We, too, can share our feelings and embrace different perspectives so we may better understand one another.

### ASK YOURSELF...

- Is there a situation in my life that I could see from another perspective?
- How can I remember that people see things differently?

### FURTHER LEARNING



- EDUCATOR RESOURCE: SMHO Perspective-Taking activities "Illusions" elementary activity or "Stepping Into Someone's Shoes" secondary activity
- CHILDREN'S BOOK: Children's Book: "Duck! Rabbit!" by Amy Krouse Rosenthal and Tom Lichtenheld (read aloud)
- CHILDREN'S BOOK: "Last Stop on Market Street" by Matt de la Peña and Christian Robinson (read aloud)

