

Name:_____ 1st observation date:_____

2nd observation date:_____

Mindful Seeing Chart

- Pick **5 or more objects** and **jot down things you notice** about them.
- **Examples:** what a person is wearing, classroom arrangement, time on a clock, items on a bulletin / smart / white or blackboard, what is on your desk.
- **Be as specific** and clear as you can be.

item / person:

observation #1	
observation #2 # of differences _____	

item / person:

observation #1	
observation #2 # of differences _____	

item / person:

observation #1	
observation #2 # of differences _____	

item / person:

observation #1	
observation #2 # of differences _____	

item / person:

observation #1	
observation #2 # of differences _____	

