



What You See Learning Exercise

Learning & Skills: Observation Skills
Perception Skills

Time & Tools

Total Time: 25 minutes
Necessary Tools: None
Optional Tools: Flip chart or writing board

Note: The room needs to be large enough so that sets of partners or groups are not sitting directly beside each other. A classroom setting is ideal.

Step 1

1. Tell everyone they will be performing a communication exercise.
2. Tell each person to select a partner to work with (they will work in pairs of 2). Have the partners move throughout the room so they are not too close to each other.
3. After the partners are in their location, **have them turn their backs to each other.**
4. After the partners have turned their backs, tell them they will each have to describe **everything the other person is wearing**, from head to toe. This will include the colors of their clothes, as well as any jewelry, glasses, etc.
5. While the descriptions are occurring, **the other person does not correct or confirm** the descriptions.
6. Tell everyone they will **10 minutes** to complete this exercise.

Step 2

1. After 10 minutes, have everyone stop talking and face the person leading the exercise. Can have everyone return to their original location, if the room is large and it would be difficult to hear the exercise leader or others.
2. After all partners are facing the exercise leader, have them share with the entire group **how accurate they were** in their descriptions.

Step 3

Note: For this Step, if a flip chart or writing board is available, capture this information for viewing by everyone.

1. After all partners have shared their information, ask the following general “take away” question:

What does this exercise tell us about how good we are at observing?

Take Away Examples

Note: Below are some “take away” examples from the exercise. If the attendees do not mention these, the exercise leader could mention them.

1. It is important to pay attention to our surroundings.
2. It is important to pay attention to other people.
3. Sometimes we overlook things right in front of us.
4. Sometimes what we “think we saw” is not “what we actually saw.”

Optional Additional Question:

How could you use the ideas from this exercise in your personal life or your work life?

Adjustments to What You See Exercise:

1. Change the Time: The time for this exercise is based on 6 – 10 people. If the number of attendees is larger or smaller, you may need to adjust the time.