

Shape your thoughts

Today's activity is a mindful one – noticing all the shapes around you. This can be done wherever you are – whether you're at work, walking, on public transport, or even just sitting on the sofa. As you notice the different shapes around you, remember to think in 2D and 3D (i.e. squares and cubes) and name them either aloud or in your head. If you don't know the name of a shape, just describe what you see.

When looking for shapes, why not try noticing:

- What's above you
- What's below you
- Anything you are holding
- What you are sitting or walking on
- The details on something right in front of you

If you're struggling with how to start, take a look at the picture on the next page and spend the next 15 minutes answering the questions below.

- How many different shapes can you notice?
- Are there any shapes within shapes? E.g. in the cabinet, in the reflection of the mirror
- If you zoom into the flowers, what different shapes or types of shapes can you see?

