

Seeing Through New Eyes

This activity will assist clients to learn that things/situations/people can be observed in a variety of ways. It provides a visual aid that can help teach self-confidence and empathy. The activity also provides assistance in aiding the understanding that others can have the ability to view things differently.

Materials:

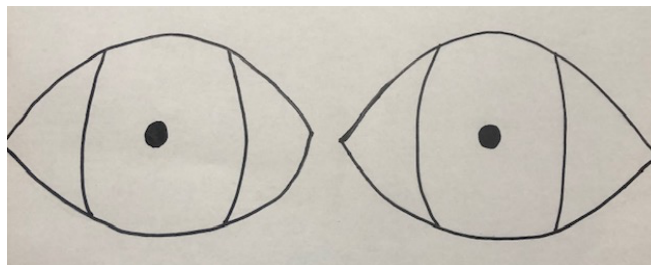
- Paper
- Art supplies
- A set of eyes cut out. (If you choose)

Complete the Activity:

Step 1: Spend time working with the client to choose a person in their life that is extremely influential.

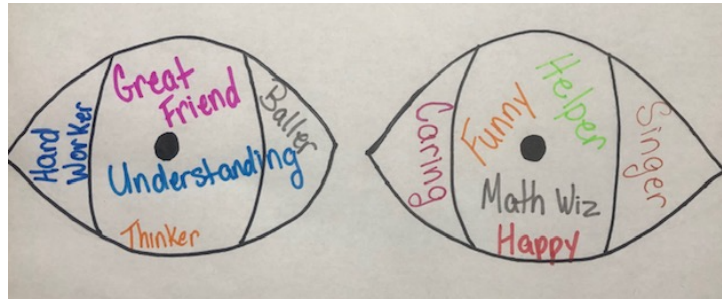
I.e My best friend Kara helps me to feel wonderful and loved

Step 2: Provide the client with the set of drawn eyes (They can also create a set).



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Step 3: Ask the client to fill in the set of eyes with words/pictures that would describe themselves or something around them.

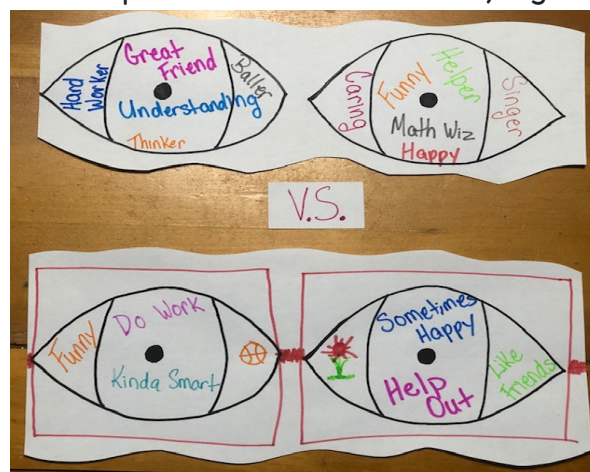


Step 4: Ask the client to utilize a second set of eyes to draw/write descriptions that they (the client) feels the influential person feels about them or the same object/situation (noted previously).

I.e. My mom would say that I am amazing, helpful, friendly, smart, focused

I.e. Kara does really like the tree in the corner because it looks happy, full, she can climb it, and it has yummy apples.

Step 5: Work with the client to compare the two sets of eyes. What do they see? How does the influential person see them? Do they agree with this person?





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Step 6: Discuss how views can be altered and vary. Ask the client a variety of questions:

- Do you feel that everyone should agree with each other?
- How did your thoughts vary from the other persons?
- Do you view things differently about yourself or the subject that was discussed today?
- Do you see the importance in understanding other people around you?

End of Activity options:

- Encourage the client to choose 3 people (not all in the same place) that they can recreate the activity on.
- Advise the parents to have 3 conversations about empathy throughout the next few weeks.
- Have the client write out an example of a new way they can show empathy and understanding to another point of view.

Quick clinical tags to add to your notes:

- Altering irrational thoughts and fears about others.
- Using new coping skills to teach awareness and empathy.
- Social skill building
- Healthy Communication techniques