

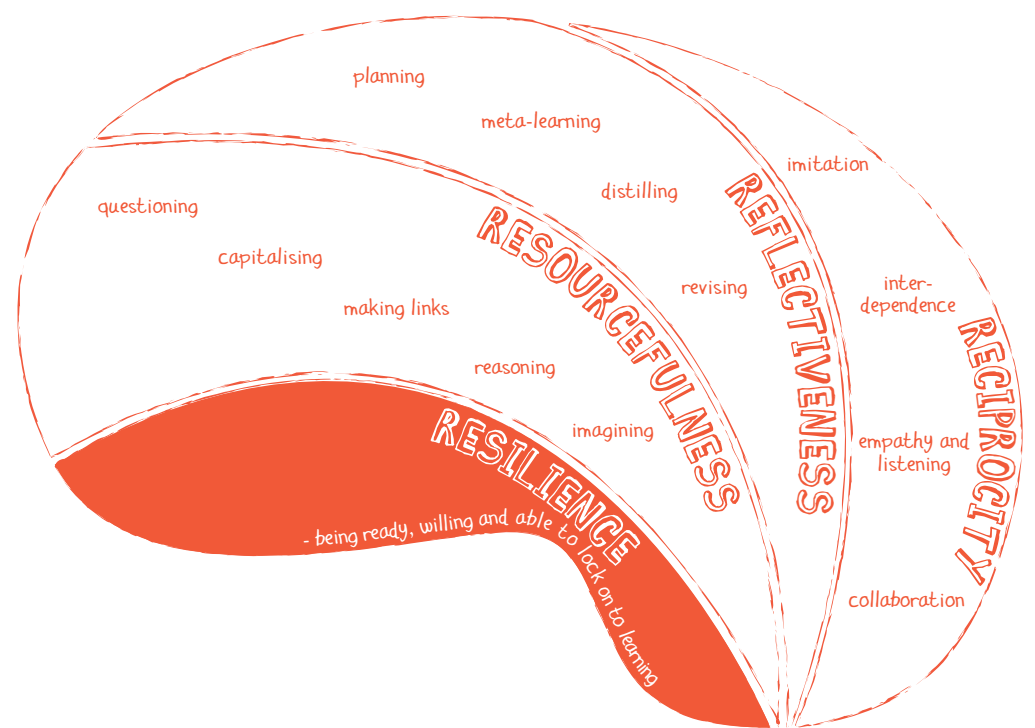
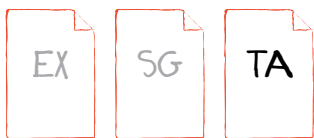
## RESILIENCE:

The emotional aspects of learning; 'feeling'  
The capacities that make up this disposition are:

Absorption Managing Distractions Noticing Perseverance

## Noticing

Perceiving subtle nuances, patterns and details in experience.



## A Taster Activity

### I SPY WITH MY LITTLE EYE

#### Organisation

Whole class or groups of minimum 6

- Explain that the children are going to use their noticing powers.
- Introduce a simple game of I Spy. This will reinforce the children's understanding of noticing.
- Remind the children that they need to be good detectives and look very carefully around the classroom.
- Then start the game with something like "I spy with my little eye something that is small and green " or "round and red" or "long and thin" or other combinations.
- Another version of this activity could be " I hear with my little ear." This would depend on your setting, but would be good to play outside!
- A circle time session with a feely bag is another good taster for drawing their attention to noticing what they can feel.
- Discuss what makes a good noticer.

#### Noticing Song

Sing to the tune of "Twinkle Twinkle Little Star"

Use your eyes to look and see  
Use your ears to hear clearly,  
Don't forget to taste and smell  
Try to hold and touch as well,  
So remember do these more,  
And you'll be a noticing star.

