

SIGHTFUL
Sanctuary Workshop 8

SIGHTFUL	<p>Theme: The search for compassion (Community action project)</p> <p>Key word: criteria</p> <p>Habits of Mind: Listen to understand</p>
Inspiration	<p>Watch the performance of the three harp players on Santa Ono's (President of UBC) twitter account #songsofcomfort from April 11, 2020. These musicians decided to do a small thing and share a short performance online to help others feel happy.</p>
1. Mindfulness	<p>Close your eyes and think about someone you have not seen in a while. Imagine you are together in a peaceful place and you are both happy and healthy. Sit tall and give yourself a big hug. Now make your arms into a circle and think of hugging the other person. Silently wish them a good day.</p>
2. Personal project (Home studio)	<p>Look back at all of the quotes from your gratitude jar and select the one that you think could help lift others around you. Working with this quote in mind, search all of the images you took and select one that is a good match for your written message.</p> <p>Tip: Use criteria to make your selection: Criteria:</p> <ul style="list-style-type: none"> ○ supports your gratitude message ○ image is calming (represents stillness and quiet) ○ has the potential to contribute to online culture in a positive way <p>Try to edit your image so it looks ready to print. Add a text box and type in your message of gratitude.</p>
3. Submit photo	<p>Upload your personal project image to your art file. Your work may be printed and exhibited in your community or published online.</p>
Inspiring quote and Discussion	<p>"To the world you may be one person, but to one person you may be the world." Dr. Seuss</p> <p>Ask an adult in your home to discuss what this means. What are some of the things kids can do at home and in the community to spread kindness during a difficult time?</p>

Materials needed... Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, your thoughtful ideas!