

15 MINUTE EXERCISE - NOTICING

SPACIOUS AND CREATIVE NOTICING

For this exercise you will need:

- Sheets of blank A3 paper
- Pencils
- Colouring pencils
- Music/Speaker (optional)

Each person is given a sheet of A3 paper. You might like to have some quiet and atmospherically suitable music on in the background. The slow (Andante) second movement of Mozart's 21st 'Elvira Madigan' Piano Concerto can work rather well.

1. Each person is invited to draw with a pencil round one of their hands in the middle of the piece of paper.
2. Invite each person to label the fingers according to the five-finger noticing, namely:
 - a. Thumb – What has been good?
 - b. Index – Where have I seen God/profound goodness?
 - c. Middle – What stands out? Headline?
 - d. Ring/Fourth – Where have I been weak, or less than my best self?
 - e. Little – What small thing could I do to rebalance?
3. Each person is invited to choose a time to reflect over, perhaps a longer time for this longer exercise. A week, a half term, a term, a season, a year.
4. Invite each person to spend around 3 minutes on each finger. They might like to write a response, draw a response, doodle, or just take extra time to dwell with each thought or prayer. Depending on the age of the group and their experience of contemplative practices, it might be best to guide the timings on each finger so that they don't spend too long.
5. Remind the group that they are not making an involved and detailed piece of art (yet!) but just letting their hands and pencils, colours and shapes do the thinking and reflecting for them.
6. To finish the exercise they are invited to write THANK YOU/THANK YOU GOD (most likely first, second or maybe third) next to one of the fingers, where they feel thankful, SORRY/SORROW/SORRY GOD next to a finger where they might feel sorrow, regret or shame (most likely third or fourth), and PLEASE /PLEASE GOD next to a finger where they feel a desire for change (most likely the fifth, but could be others).
7. There is the option, if time allows for each person to share and explain their picture with someone next to them if they want to.
8. The exercise should end by asking the participants to put pens and pencils away and to have a moment's silence looking at their pictures. Or closing their eyes quietly and peacefully.