



A View from the Window – Fostering Contemplative Awareness

This game is designed with those who are self-quarantining in mind; however, it could be played from the view of an office window or any window from anywhere.

This is Contemplative Awareness, there is no rush and the reward is found in the doing. It may take you 9 hours, 9 days or 9 months to complete

How to play: In the grid below are 9 words. Each word corresponds to a set of questions on the following pages. Once you have completed the activity you can cross it off or colour in the grid.

1. Reflections	2. <i>Clouds</i>	3. Structures
4. Sounds	5. Shadows	6. Scents
7. Ground	8. Sky	9. <i>Breeze</i>



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Challenges

1. Reflections

- What reflective surfaces can you see?
- What is reflected?
- What do you notice about the reflection?
- What do you see underneath the surface of the reflection?

2. Clouds

- What do you notice about the clouds?
- Is there any movement?
- What colours can you see?
- How would you describe the texture?
- Imagine what it would be like to touch them.
- What would it be like to be amongst them?

3. Structures

- What do you notice about the structures around you?
- Are there patterns?
- Can you see the textures of the building materials, how would you describe them?
- Close your eyes and open them – what draws your attention?



4. Sounds

- Close your eyes.
- What do you hear?
- Focus your attention on noises further away.
- What do you notice about these noises?
- What noise draws your attention?
- What emotions or reactions are evoked in you?

5. Shadows

- See the shadows
- Where do they fall?
- What do you notice about the areas in shadow?
- How does this compare or contrast with the areas in the light?
- Do you have a sense of the temperature if you were to touch the area in shadow?

6. Scents

- Notice your breathing.
- Are you breathing through your mouth or nose?
- Become aware of the sensation as the air moves through your respiratory system.
- What scents are you aware of?
- What do you notice about them (rather than trying to identify them eg. Sweet, bitter)?

7. Ground

- What do you notice about the ground cover?
- Notice the colours and textures.
- What might it feel like on your feet?



8. Sky

- What do you see in the sky?
 - How is it moving
- What is on the horizon?
- What colours are in the sky? What do you notice about them?

9. Breeze

- Become aware of the breeze on your body.
- Where on your body do you notice it?
- How is your body sensing the breeze?
- What temperature is the breeze?
- Is the breeze soft or strong?
- What else are you aware of in the breeze?