

## How You See It

**CMS Themes:** Self

### CMS Competencies

- I develop and maintain a positive self image
- I am aware of how i change and grow throughout my life
- I adapt my behaviour appropriately to fit a variety of contexts
- I make positive career decisions
- I maintain a balance that is right for me in my life, learning and working roles.

**Aims:** To develop self-awareness.

**Learning outcomes:** Participants will gain knowledge of the impact of understanding their perceptions. They will understand that other people will have different points of view from them.

**Timing:** 10 minutes

**Delivered by:** Work Coach

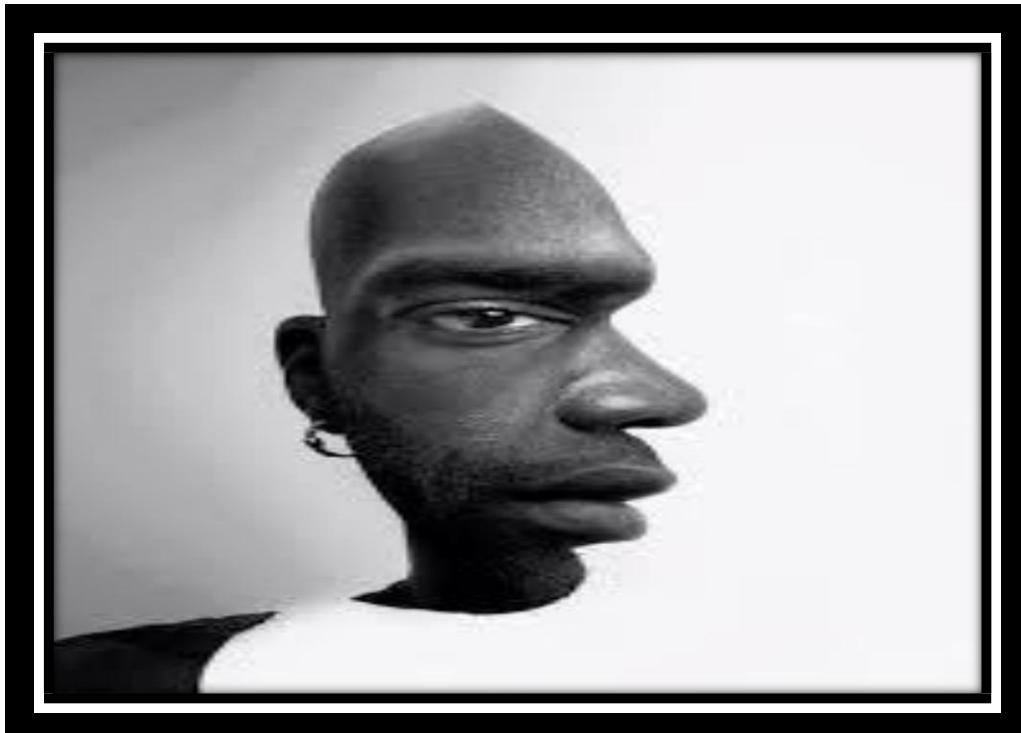
**Delivery mode:** in groups, with the use of pictures//YouTube clip.

**Resources:** Perception worksheet (attached at end of this lesson plan), computer and internet access to watch Monkey Business perception video on YouTube (link below).

### How to deliver:

- define perception – ask the group to say what they think perception is
  - perception is the ability to see, hear or become aware of something through the senses; it is the way in which something is regarded, understood or interpreted
- give each group worksheet showing pictures of perceptions, take five minutes to look over and discuss
- show Monkey Business clip (YouTube): [www.youtube.com/watch?v=IGQmdoK\\_ZfY](http://www.youtube.com/watch?v=IGQmdoK_ZfY)
- there are no right and wrong answers
- recap the definition of perception above
- discuss the impact of perception, e.g. attention to detail, ability to see bigger picture, ability to see other's perspectives and our ability to focus and concentrate.

Worksheet – Perception (how you see it)



What Do You See in the Picture?



Do you see a face or 'Liar'?



LO 3.14 Gestalt principles of perception

Do you see a rabbit or a duck?



Mind