



**The World As We Know It ( 🌍 A Cognitive Health Story)  
(4<sup>th</sup> Grade – 9-10 yrs.)  
Think, Pair, Share: Perception**



**STORY CONNECTION – SLIDES 15-19 (Approx Time: 15-20 mins)**

Perception or perceiving something, is being **aware** of what is going on in the world – from information that you get from your sensory systems. And...sorry, but this is always changing too – just like the world around you is always changing. Everyone perceives things differently based on a LOT of different things. And how you perceive things changes at different times in your life. Perceptions can change based on past experiences, what you are paying attention to, your emotional state, and your expectations.

**Materials needed:**

- Graphic (included below)
- Chairs (optional)

**Preparation needed:**

- Determine how to display graphic & quote for student(s)
- Determine student pairing

**Instructions:**

1. In this activity, student(s) will learn more about how perception is based on many different variables. They will see that perspective influences perception.
2. Begin by brainstorming some synonyms for perception with the student(s).
  - Ideas include awareness, viewpoint, attention, impression, etc.
  - There is a graphic below to help student(s) better understand this concept.
3. Next, put the display the following quote by Lindsay Wagner (The Bionic Woman) where all student(s) can see it:

*“When we shift our perception, our experience changes.”*
4. Read the quote aloud to the student(s) and give them a minute to think about what they think it means.
5. After a minute or so, have them turn and talk to a person nearby about what they are thinking. Give the pairs a couple of minutes to talk.
6. Come back together as a whole group and discuss ideas they talked about.
7. Next, have student(s) pair up with the same person they just met with. Have them sit in their chairs or on the floor facing each other.
8. They will complete the following task.
  - Person A will say to person B, “Tell me five things that you see behind me.”
  - Person B will say to person A, “Tell me five things that you see behind me.”
  - Next, person A and person B switch places. They should now see what their partner was just seeing.

- Have each person find five more things that the other person did not say the first time.

*\*\*NOTE: Their point of view has changed, and they can now see what they could not before.\*\**


9. Bring the group back together.
10. Review the quote from the beginning of the activity.
11. Have partners talk about the relationship, if any.
12. Bring them back together and share their thoughts with the group.
13. Lastly, have student partners brainstorm real-life examples of when perception might come into play at school or elsewhere. Share out when finished.
14. In closing, remind student(s) that the world as we know it is based on our perceptions and perceptions change based on past experiences, what they are paying attention to, their emotional state, and their expectations. Because of this, perceptions are always changing. Realizing this and understanding this will allow them to be aware of the world around them, which is good for their bodies and their brains.


Graphic Credit: <https://thepleasantmind.com/perception-vs-reality/>


Activity Idea Credit: <https://www.andnextcomesl.com/2021/05/perspective-taking-activities.html>


## PERCEPTION




 It is how a person sees something

 Varies from person to person

 Outcome of one's knowledge, attitude & beliefs.

 It can be wrong or right.


 Can be biased

 Can be negative or positive

 It is person's choice

## REALITY





 It is the truth & how things exist


 Doesn't depend on people

 It is not affected by these

 It is always right

 Can't said to be biased or unbiased

 It can't be described as positive or negative

 It is not a choice

VS