



Open to New Experiences

If someone is telling you about something you've never heard before, what can you do to listen openly? Trust yourself to assess its value.

Cooperation



Works with Others Toward a Common Goal

Mindfulness Principle: In the Moment

Skill Focus: Demonstrate openness to new ideas and assess their value.

- 1
 - What does it mean to be open to a new experience? What is needed in order to learn something new?
 - Being present and in the moment, and showing openness to learning something new, is important in order to learn, fully experience, and master something. Openness is demonstrated through your thoughts, expressions, and actions.
 - Today, we're going to do an activity that explores our feelings about being open to new ideas.

- 2
 - Close your eyes and take a deep breath.
 - Take a moment to visualize the talents and interests that make you unique. You may think about a sport you play or a hobby you do, or an interest in something new you've recently developed. Perhaps you've read a lot of comic books, know how to play baseball, or you speak more than one language. Visualize yourself using these special talents and interests that make you unique.
 - Choose one of your interests, hobbies, or talents. What emotions do you feel when you do this particular activity?
 - Imagine a friend is talking to you about their interest or hobby. Visualize yourself listening and learning from your friend.

- 3
 - With a partner, take turns explaining the fundamental knowledge about one of your hobbies or interests. Why do you love doing it? What makes it fun?
 - Demonstrating openness to new thoughts and ideas benefits everyone. As you move through your day today, look for opportunities to practice being open to different ideas and perspectives.